



# PRALOGNAN LA VANOISE

SAVOIE - FRANCE

# Welcome

VISITOR GUIDE - WINTER 2018-2019



ENGLISH

A skier in a purple jacket and orange pants is skiing down a snowy mountain slope. The background shows a steep, rocky mountain peak covered in snow and patches of brown rock. The sky is a pale blue.

# **GRAND SKI** PASSES

Take advantage of your week  
in Pralognan-la-Vanoise  
to

**SKI AT LA PLAGNE**  
or **AT COURCHEVEL!**

6 consecutive days or more  
with the option of skiing

one full day at La Plagne or at Courchevel on the day of your choice  
one free pool entry and  
one free ice rink entry

Unlimited access to the Pralognan Nordic ski area

Shuttle provided for free between Pralognan-la-Vanoise and Champagny-en-Vanoise,  
(access to la Plagne, see page 63)

\* Prices and packages: see page 6 - Detailed terms and conditions at [www.pralognan.com](http://www.pralognan.com)



# Welcome! It's just like home...

You are spending your ski vacations in Pralognan-la-Vanoise, we thank you for that.

Whether you are here with family or friends, whether you are here for sports or leisure, an outdoor enthusiast, or whether you are seeking a cosy resourcing stay, you will find in this Guide all the information needed to enjoy a truly great vacation.

Everybody here in Pralognan is waiting to share their love and passion for the mountain with you.

## Tourist Office

K4

The receptionists at the Tourist Office welcome you and propose:

- Information about Pralognan-la-Vanoise and the surrounding area
- Registration for several activities (dog sledding, goat farm visit, inuit outing...)
- Registration for shuttle
- Free WiFi hotspot inside
- Renting Hippocket Wifi (pocket WiFi)
- Taking into account your remarks and suggestions regarding all aspects of the village
- Lost and found

Outdoor:

A screen provides you with information on:

- the weather forecast,
- entertainment program,
- accommodation vacancies.

290 avenue de Chasseforêt  
☎ +33(0)4 79 08 79 08  
[www.pralognan.com](http://www.pralognan.com)  
[info.ot@pralognan.com](mailto:info.ot@pralognan.com)



WINTER	SUMMER	OFF-SEASON
7 days per week	7 days per week	Monday to Friday except bank holidays
9:00-12:00 14:00-18:30	9:00-12:00 14:30-19:00	9:00-12:00 14:00-18:00

1 & 2	3 to 13	15 to 19	21 to 27	28 to 29	31 to 36	37 to 41	43 to 54	55 to 59	61 to 65
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# Alpine skiing

Tucked right below one of the largest glacier ice caps in the Alps, with dozens of 3000 meter peaks rising high above, Pralognan-la-Vanoise enjoys an ideal situation. It comes as no surprise that copious amounts of snow each winter and the sublime high-mountain landscapes have regaled for decades all those who love the great outdoors in their all-natural state.

Long ago, the ski area revealed its appeal to experts seeking incredible mountain thrills to backcountry skiing enthusiasts and to families won over by such accessible terrain.

In the end, up here, every perspective and pleasure has its place. The athletic and the pensive always admire with childlike wonder the diverse flora and fauna in the well-preserved natural surroundings. So many incredible timeless moments make every stay truly unforgettable. And there is of course much more...

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## What's new

- **New snow guns**

On Les Flottes run & the Isertan race arena.

- **Group telemark ski lessons**

Flowing, graceful moves, technical: try out telemark skiing with ESF Ski School!

- **3 hours to perfect your technique**

From advanced skiing (Etoile d'Or) to racing, 3-hour group lessons to take the time needed to perfect your technique!



## A ski area for everyone...

With a vertical drop of almost 1000 meters, as well as fun zones and runs for everyone's tastes and abilities, the ski patrol, lift operators, grooming team, and ticket-window personnel are available to ensure that you enjoy this all-natural ski area. Cross paths with ibex, chamois, raptors, and several other amazing creatures with the Grande Casse looming high above and Vanoise National Park right next door.

### SKI AREA OPENING

The ski area will be open from Saturday, December 22, 2018, through Sunday, April 14, 2019.

At the end of the season, partial closures may occur depending on snow conditions.

For trail status, use the website: [www.pralognan.com](http://www.pralognan.com).

### BENEFITS

#### Hands-free pass

Never wait in line again: thanks to the new hands-free pass, you now have the ability to purchase or reload your pass online! This pass can also be used at the pool and the ice rink from one season to the next and at 95% of the ski resorts in France.

The actual physical card itself costs 2€ when you make your first purchase. This card is personal and non-transferrable. Put it in your left pocket to pass through the turnstiles with ease!

#### Incredible benefits

When purchasing an alpine ski pass for 6 days or more, you will enjoy:

- free and unlimited access to the Nordic ski area
- one free entry to the swimming pool
- one free entry to the ice rink

#### Saturday for free

When you purchase a 6-day ski pass from Sunday to Friday, ski for free on the Saturday morning of your arrival!

### WHAT'S NEW

3 new snow guns on Les Flottes run for a guaranteed descent on skis to the base area.

5 new snow guns for the Isertan race arena.

### SKI AREA STATS

#### Ski between 1410m and 2355m elevation

#### 12 lifts:

1 aerial tram, 4 chairlifts, 7 surface lifts

#### 24 runs

9 green, 3 blue, 8 red, and 4 black.

#### Snow guns (covering 64% of the ski area)

add to the already abundant quantities of natural snow.

### FUN ZONES

#### Night skiing\*

Every Tuesday during school holiday periods, the Edelweiss chairlift (the La Combe and Les Bieux runs for intermediate skiers) and the Barioz surface lift will be open until 19:30.

\*With an all-day ski pass or a "nighttime" pass (starting at 16:30) for 5 € and on sale at the ski pass windows.

#### Free surface lift

The Lance Gralette surface lift allows you to reach the center of the village and the bottom stations for the aerial tram and Edelweiss chairlift from Les Hauts des Darbelays. Starting at 08:30 during the February school holiday period and 09:00 during the rest of the season.

#### Free fun zones

> Boardercross for everyone near the Les Crêtes run. The concept: bomb down this course lined with natural obstacles, jumps, raised turns, whoops, rails, boxes, etc., and have fun as a family or with friends

> Prali-pralo, a fun zone for kids near the bottom of the Le Génépi chairlift.

*Fun zone openings vary depending on snow conditions. Information in the Petit Journal.*



## GREAT DEALS

All of the following "great deals" require proper identification (age, parental relationship, etc.).

### Free

For children under 5 years old and seniors aged 75 years old and more.

### Free Saturdays

When you purchase a 6-day ski pass from Sunday to Friday, ski for free on the Saturday morning of your arrival!  
Valid for all Pralognan-la-Vanoise and GRAND SKI passes.  
Pick up your Saturday pass right at the ski pass window.

### Discount

For children 5 to 12 years old and seniors 65 to 74 years old.

### Students

All season long, a discount price for a half-day (22.00€), an all-day (26.00€), or a 6-day pass (134.00€).  
Must present a valid student identification card.

### Tribu Packages

For your next vacation, ski at a discount price with your kids and teens under 18 years old (for 2 adults and 2 kids under 18 years old or 1 adult and 3 kids under 18 years old).  
Offer: 5% discount for a purchase made online. Details and conditions at: [www.skipass.pralognan.com](http://www.skipass.pralognan.com)

### Free and unlimited access to the Nordic ski area

With your alpine ski pass (a valid 1-day or more ski pass), you can go Nordic skiing for free.  
Take advantage of our offer to discover this invigorating outdoor sport and the amazing all-natural décor in Pralognan-la-Vanoise.

## FOR BEGINNERS

### Register with ESF ski school

ESF offers preferred rates on ski passes for children who are beginners (see page 8).

### Beginner Petit Poucet - Barioz ski pass

Le Petit Poucet: one lift, in a sunny location at the village entrance.

Open from December 22, 2018, to January 4, 2019, and from February 9, 2019 to March 8, 2019.

Le Barioz: one surface lift, ski area base, village center.

Purchase at any ski pass window.

SKI PASS FOR BEGINNERS	RATE*
1/2 day morning or afternoon	10.60 €
1 day	14.70 €

\* keycard not included, 2 €.



### RELIEVE YOUR DAY OF SKIING!

It's so easy, you don't need to upload an app or use your phone's battery: at the end of the day (18:30), on the web, enter your pass number in the designated field and instantly view your stats for the day (vertical drop, time skiing...).

Information: [www.en.pralognan.com/calcul-distance-ski.html](http://www.en.pralognan.com/calcul-distance-ski.html)

## OPENING HOURS SKI PASS WINDOWS

Located at the bottom of the Mont Bochor tram:

22/12 to 6/01	8:45 - 16:20
7/01 to 8/02	8:55 - 16:10
9/02 to 10/03	8:45 - 16:40
11/03 to 14/04	8:45 - 16:45
Saturdays 9, 16, 23/02 and 2/03	8:45 - 19:15

## IDENTIFICATION PHOTO

Required for all 3-day passes or longer.

The ticket window offers the option of having your face or an identification photo scanned.

## LOST PASS

You will be provided with a receipt when you pick up or purchase your pass. This will serve as a proof of purchase if you need to replace your pass due to loss/theft/damage.  
*You will be required to pay administrative fees and for a new card (10€).*

## WEATHER AND LIFT/RUN STATUS

### Information signage

The weather forecast and lift/run status are posted in front of the Maison de la Vanoise, the Tourist Office, ESF ski school and at most accommodations.

### Screens and giant information boards

Outside the Tourist Office and at the departure of the slopes and Lance Gralette surface lift.

## OPENING HOURS SKI AREA

22/12 to 8/02	9:00 - 16:40
9/02 to 10/03	9:00 - 17:05
11/03 to 14/04	9:00 - 17:00

Half-day, morning time ..... 9:00 - 13:00

Half-day, afternoon time ..... 13:00 - closing time\*

\* The half-day afternoon ski pass is available for the night skiing session of the day

## SKIING IS FREE FOR KIDS AND THEIR ELDERS\*

\* kids under 5 years old and adults over 75 years old.

### SKI AREA

☎ +33(0)4 79 08 70 07 / [caisse@sogespral.com](mailto:caisse@sogespral.com)

## PRALOGNAN-LA-VANOISE SKI PASS

RATES IN €	DISCOUNT under 13 and 65 to 74 years old	REGULAR 13 to 65 years old
Half-day (morning or afternoon)	21.00	26.00
1 day	24.50	30.50
2 days	46.50	58.00
3 days	68.50	85.50
4 days	90.50	113.00
5 days	111.50	139.50

## GRAND SKI PACKAGE

RATES IN €	DISCOUNT under 13 and 65 to 74 years old	REGULAR 13 to 65 years old
<p>Take full advantage of your week in Pralognan-la-Vanoise to <b>SKI AT LA PLAGNE or IN COURCHEVEL!</b></p> <p><i>Shuttle provided for free between Pralognan-la-Vanoise and Champagny (access to La Plagne, see p.63)</i></p>		

## 6 DAYS OR MORE SKI PASS

PRALOGNAN-LA-VANOISE SKI PASS			GRAND SKI PACKAGE*		
	DISCOUNT	REGULAR		DISCOUNT	REGULAR
6 days	125.50	157.00	6 days	137.50	172.00
7 days	139.50	174.00	7 days	151.50	188.50
8 days	153.50	191.00	8 days	165.50	205.50
9 days	167.50	208.00	9 days	179.50	222.50
10 days	181.50	225.00	10 days	193.50	239.00
11 days	195.50	242.00	11 days	207.50	256.50
12 days	209.50	259.00	12 days	221.50	273.50
13 days	223.50	276.00	13 days	235.50	290.50
14 days	237.50	293.00	14 days	249.50	307.50

## TRIBU PACKAGE (5% DISCOUNT ONLINE)

PRALOGNAN-LA-VANOISE		GRAND SKI	
Pack	526.00	Pack	578.00
Additional kid under 18 years old	131.50	Additional kid under 18 years old	144.50

2 adults and 2 kids under 18 years old or 1 adult and 3 kids under 18 years old

\* For a purchase made 10 days or more prior to your stay. Details and conditions at: [www.skipass.pralognan.com](http://www.skipass.pralognan.com)

+ 1 swimming pool entry **FOR FREE** + 1 ice rink entry **FOR FREE**

+ **FREE AND UNLIMITED ACCESS** to the Nordic ski area + **Saturday for free\*\***

\* Shuttle provided for free between Pralognan-la-Vanoise and Champagny (access to La Plagne. Information & conditions, see p.63).

\*\* Valid for all Pralognan-la-Vanoise and GRAND SKI passes. Pick up your Saturday pass at the ski pass window.

**Adding a day to a 6-day or more pass:** during your stay, purchase an additional day. Reduced: 23.00€ / Regular: 26.00€.

Skipass physical card not included in the rates. Hands-free pass 2 € when you make your first purchase.

## SEASON SKI PASS

	DISCOUNT	REGULAR		DISCOUNT	REGULAR
PRALOGNAN-LA-VANOISE	337.00	411.00	GRAND SKI	427.00	502.00
<p>+ <b>FREE AND UNLIMITED ACCESS</b> to the Nordic ski area</p>			<p>Season pass for the Pralognan-la-Vanoise ski area + 3 days passes <b>FOR FREE</b> at La Plagne or at Courchevel</p> <p>+ <b>FREE AND UNLIMITED ACCESS</b> to the Nordic ski area</p> <p><i>Shuttle provided for free between Pralognan-la-Vanoise and Champagny (see p.63).</i></p>		





SKI PATROL RECOMMENDATIONS

- > Skiers and snowboarders, for your safety, please do not stop beneath a mogul or a rollover where you are not clearly visible from above.
- > Before choosing a run, make sure that it matches your skiing ability.
- > Fatigue is a major cause of accidents, please stay alert.
- > If you witness an accident and you call for help, please specify the name of the run, the marker number, and the type of injury.
- > Abide by opening/closing hours.
- > After the ski area closes, snow groomers equipped with difficult-to-see cables handle trail maintenance.
- > For obvious safety reasons, we would like to remind you that sledding is absolutely prohibited on the roads and streets in the village.

**SKI AREA EMERGENCIES**  
☎ +33(0)4 79 08 70 07 or 112  
Be careful and enjoy your stay in  
Pralognan-la-Vanoise.



IPHONE AND ANDROID SMARTPHONE APPLICATION

Via our smartphone app, access the most up-to-date information on the weather, opening hours, lift/run status and view webcams.  
Locate your friends/family, view your activity history and compete with other users!



ALPINE SKIING INSURANCE

For guaranteed peace of mind during your stay.

Carré Neige

Carré Neige guarantees insurance coverage and assistance in the event of an accident.  
In addition to the price of your ski pass, it covers rescue fees, emergency vehicle transport, repatriation, reimbursement for medical, pharmaceutical, and hospital fees, as well as ski pass and ski lesson reimbursement, legal assistance...

CARRÉ NEIGE	/PERS.
1 day	2,90 €
8 to 21 days	23,20 €

Purchase at ski pass windows and ESF ski school.

Carte Neige

Season-long alpine skiing insurance; available through the ESF ski school.

CARTE NEIGE	/PERS.
Carte Neige child (born in or after 2000)	80,00 €
Carte Neige adult (born in or before 1999)	85,00 €
Carte Neige family (same fiscal household)	225,00 €



## 50 instructors strong



All winter long, the Pralognan-la-Vanoise ESF ski school offers high-quality instruction for all levels and all ages. Kids will be proud to wear their Piou-Piou, Star, or Arrow pins at the end of the week...

### GROUP LESSONS FOR ALPINE SKIING

Combine the pleasure of improving your skiing with the friendly atmosphere of a group lesson taught by a professional ski instructor.

#### Children: starting at 3 years old

The Piou-Piou club offers fun-filled instruction in a designated area for kids.

The pin is provided to kids registered for week-long classes.

#### Another plus: learning about the mountains!

During their ski lessons, kids will learn about the local natural environment, including the local fauna (ibex, bearded vultures, snow hares...) and answers so to many questions!

ALL SEASON LONG	SCHOOL HOLIDAY PERIOD	NON HOLIDAY PERIOD
Morning or afternoon lesson (Sunday or Monday)	30,00 €	29,00 €
6 lessons in a row (morning or afternoon)	125,00 €	121,00 €
NON-HOLIDAY PERIODS		
6 lessons in a row (morning + afternoon)	210,00 €	

#### Packages with ski pass included

For kids ages 5 to 13 signed up for Ourson (cub) or Flocon (snowflake) group lessons, the ski area offers a discount on a 6-day ski pass. The ski pass is valid for all 6 days.

Pass valid for the entire ski area.

Ourson: 47,00 € / Flocon: 78,00 €

On sale at ski pass windows: lesson level required, and available for advanced order online through the ESF ski school website.

### SNOWBOARDING

From beginner to skill improvement, enjoy snowboarding lessons during the school-holiday period\*.

ESF offers 3-day or 6-day courses, 2hrs per day.

	SCHOOL HOLIDAY PERIOD	NON HOLIDAY PERIOD
3-day course (beginners)	89,00 €	87,00 €
6-day course	159,00 €	157,00 €

\* with a minimum of 3 people at the same level for a group lesson.

### HOURS

	DEC. 23 DEC. 29	DEC. 30 JAN. 5	JAN. 6 FEB. 9	FEB. 10 MAR. 9	MAR. 10 APR. 14
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#### Alpine skiing

Non-holiday periods, lessons are held from Sunday through Friday. During the school holiday periods at Christmas and in February, they are held from Sunday through Saturday at noon.

Morning	9:30 - 11:45			9:00 - 11:00	9:30 - 11:45
Noon	-	12:00 14:00*	-	11:15 - 13:15**	-
Afternoon	14:15 - 16:30			15:00 - 17:00	14:30 16:45***

#### Snowboarding

From Sunday through Tuesday, and/or Wednesday through Friday for the 3-day course, and from Sunday through Friday for the 6-day course. During non-holiday periods, lessons are available upon request for a private lesson or with a minimum of 3 people at the same level for a group lesson.

Beginner	14:30 - 16:30	-	11:15 - 13:15 15:00 - 17:00	-
Skill improvement	14:30 - 16:30	-	15:00 - 17:00	-

\* Kids lessons: Piou-Piou and Flocon only.

\*\* Kids lessons: Piou-Piou to Etoile d'Or (Gold Star).

\*\*\* Starting 17/03/2019 afternoon lessons will no longer be offered.



## PRIVATE LESSONS

To improve or discover any type of sliding on snow. An instructor, your own personal guide, will provide instruction that caters to your ability for quick and easy learning.

ALL SEASON LONG	SCHOOL HOLIDAY PERIOD	NON HOLIDAY PERIOD
1hr for 1 person	45.00 €	40.00 €
1hr for 2 people	50.00 €	47.00 €
1hr for 3 people	61.00 €	58.00 €
1hr for 4 people	71.00 €	68.00 €
Half-day	174.00 €	
All-day	322.00 €	

### Hours

DEC. 23 DEC. 29	DEC. 30 JAN. 5	JAN. 6 FEB. 9	FEB. 10 MAR. 9	MAR. 10 APR. 14
12:00 - 13:00			11:15 - 12:15	12:00 - 13:00
13:00 - 14:00			12:15 - 13:15	13:00 - 14:00
			13:45 - 14:45	

## TEAM RIDER

An alternative approach to sliding on snow! Starting at "Etoile d'Or" or Class 3, up to 13 years old) freeskiing lessons allow you to discover several alternative disciplines: freeride skiing, boardercross, freestyle technique in the terrain park, backcountry skiing...

DECEMBER 23 TO JANUARY 4	FEBRUARY 10 TO MARCH 9
14:15 to 16:30	11:15 to 13:15

### SCHOOL HOLIDAY PERIODS

6 lessons in a row 125.00 €

## NEW: TELEMARK GROUP LESSONS

Elegant and technical!

A minimum "Classe 2" level is necessary to learn telemark technique.

ESF offers a 3-day course, 2hrs per day.

FEBRUARY 17 TO MARCH 1	/PERS.
3-day course*	89.00 €

\*From Sunday to Tuesday or from Wednesday to Friday.  
With a minimum of 5 people.

## NEW: 3-HOUR GROUP LESSONS

For "Etoile d'Or" and Competition classes (kids and adults), more time for better improvement!

DECEMBER 30 JANUARY 5	FEBRUARY 17 MARCH 1	6 LESSONS
13:30 - 16:30	14:00 - 17:00	215.00 €

## FLECHES AND CHAMOIS

During School-holiday periods, ESF ski school organizes competitions. Check the Petit Journal for times.

Per test 8.00 €

Register at the ESF ski school the day before at the latest.

## OPENING HOURS SKI SCHOOL OFFICE

Dec. 22 - Jan. 4	9:00 - 17:00
Jan. 5 - Feb. 8	9:00 - 12:30 and 13:45 - 17:00
Feb. 9 - Mar. 9	9:00 - 17:30
Mar. 10 - 16	9:00 - 12:30 and 13:45 - 17:30
Mar. 17 - Apr. 14	9:00 - 12:30 and 13:45 - 16:30

### ESF SKI SCHOOL

contact@esfpralognan.com

+33(0)4 79 08 72 25

www.esfpralognan.com



**FAVRE SPORTS**  
PRALOGNAN LA VANOISE

73710 PRALOGNAN LA VANOISE | 04 79 08 71 20 | favre.jfb@wanadoo.fr

**Magasin au pied des pistes**

## SPÉCIALISTE LOCATION & VENTE DE MATÉRIEL DE GLISSE

SKI ALPIN | SKI DE FOND | SNOWBOARD | RAQUETTES |  
SKI-RANDO | VÊTEMENTS | ACCESSOIRES...



Atelier de  
haute  
performance  
Consigne  
à skis

VOS SKIS EN LIGNE & AU MEILLEUR PRIX SUR :  
[www.gosportmontagne-pralognan.com](http://www.gosportmontagne-pralognan.com)

concept store MFC - 04 79 08 71 20 - 73710 Pralognan-la-Vanoise - France



# LE PACHU 2000

BAR - RESTAURANT - SELF SERVICE

À l'arrivée du téléphérique,  
accès facile pour les piétons.  
Terrasse très ensoleillée  
et vue panoramique.

### À DÉCOUVRIR :

Soirée Savoyarde tous les jeudis soirs  
Aller / Retour en téléphérique

### INFORMATIONS ET RÉSERVATION

Tél. 04 79 08 72 11 - [www.pachu2000.fr](http://www.pachu2000.fr)



## Backcountry skiing

**Pralognan-la-Vanoise is THE IDEAL SPOT for ski touring.**  
To provide even more fun and enjoyment, a variety of services are offered.

### UPHILL SKIING TRAILS

2 designated uphill trails near the downhill runs that offer you the chance to discover and enjoy ski touring. Perhaps your next step will be hiring a guide to venture further into the mountains? These trails take you to the top of the downhill ski runs.

#### Beginners: Le Rosset

The ideal uphill trail to learn or for a breath of fresh air! Start at the Ancolie chairlift bottom. Vertical gain: 335m.

#### High-mountain "access": Le Moriond

This trail takes you to Les Barmettes to exit the ski area and enter the high mountains; Start at Pont de Cavin bridge or Les Fontanettes. Vertical gain: 600m or 400m respectively. A description is available in the ski area map.

### MOUNTAIN HUTS

Two mountain huts are open all winter (Barmettes and Roc de la Pêche), and in the spring the Col de la Vanoise and Péclet-Polset huts will serve as your gateway to the high mountains. Remember to make a reservation. For all contact information, turn to page 35.

### REACH THE TOP EVEN FASTER

The ski area offers you a quicker and less tiring way to access higher elevations.

A Pass'Radonneur ticket allows you to use the two Edelweiss and Genépi chairlifts or the aerial tram.

ROUNDTrip*	REDUCED	REGULAR
1 trip**	7.30 €	9.80 €
10 trips**	58.00 €	78.00 €

\*for aerial tram or both Edelweiss and Genépi chairlifts.

\*\*keycard not included, 2 €.

Free: for kids under 5 and seniors aged 75 years old and more.

Reduced: for kids from 5 to 12 and seniors from 65 to 74 years old.

### WEATHER AND SAFETY

Although ski touring has grown in popularity, it still remains a high-mountain and out-of-bounds activity.

This fulfilling sport requires knowledge about the mountains, snow conditions, and local weather patterns.

We recommend, prior to heading out, speaking with local professionals (high-mountain guides and patrollers) and notifying your friends or accommodations as to where you plan to venture.

#### PGHM - ALPS CRS (MOUNTAIN RESCUE)

☎ +33(0)4 79 08 29 30

#### FRANCE MÉTÉO (WEATHER FORECAST)

☎ +33(0) 899 71 02 73 (2.99 € per min)





## Ski touring and freeride touring with the high-mountain guides in Pralognan-la-Vanoise



Whether you are a beginner or expert, ski touring is the ideal activity to combine the beauty of the great outdoors with the pure joy, over and over again, of skiing in untracked snow.

### SKI TOURING

#### Beginner - First time

As soon as it snows, local guides offer a full schedule of all-day backcountry skiing outings every week to Col de la Vanoise Pass or up Chavière Valley.

First-time group outing (per person)	95,00 €
--------------------------------------	---------

#### Skill improvement

For those who already have some experience, local guides offer all-day outings to glaciated terrain and other summits: Col de la Grande Casse Pass, Pointe de la Rechasse...

Skill-improvement group outing (per person)	95,00 €
---	---------

#### Private Guide

With friends or family, hire a high-mountain guide to venture wherever you want on the day that best suits your schedule (1 to 6 people).

All-day rate for your very own guide	starting at 355,00 €
--------------------------------------	----------------------

### FREE RANDO / FREERIDE TOURING

Go ski-mountaineering with the local guide service. Explore the immense Gébroulaz Glacier starting from the 3 Vallées, or the Cul du Nant Glacier starting from Champagny-La Plagne.

Group outing (per person)	99,00 €
---------------------------	---------

*Level required: ability to comfortably ski down a black/advanced run. The price includes guiding services and borrowing all safety gear (harness, transceiver, shovel, probe). Not included are equipment rentals (if needed) or ski passes.*

### RANDO' FLAMBEAUX

During school holiday periods, learn to ski tour with ESF ski school.

In a safe, nighttime setting, enjoy an easy outing to discover this increasingly popular snow sport. Join our ski instructors and participate in the torchlight descent!

Contact ESF - French Ski School for more information

#### GUIDE SERVICE

☎ + 33 (0)6 73 35 57 94

#### ESF - FRENCH SKI SCHOOL

☎ +33(0)4 79 08 72 25



## And much more...

### INDEPENDENT GUIDE

Enjoy another approach to the mountains through backcountry ski touring. Call upon the skills of a local high-mountain guide for a fun, friendly, and safe excursion.

- First time, an all-day introduction to backcountry skiing.
- Mountain passes and summits, spend the night in a hut to enjoy a high-mountain experience in the winter.

Jean-Pierre FAVRE: ☎ +33(O)6 82 11 32 48 - jp.favre@neuf.fr

### BY NIGHT

#### Torchlight descent

Every Wednesday you can admire your instructor's skills during the torchlight descent.

Certain weeks, along with other service providers in the village (UCPA, ANAE), they will perform a snow show.

#### After hours

After the torchlight descent, snow groomer drivers invite, via raffle, kid or adult skiers to head behind the snow-grooming scenes by riding in the passenger seat of one of these incredible machines.

Open to every one, ask for an entry ticket at any ski pass window. Details in the Petit Journal.

#### Rando' flambeaux (school holidays)

See page 12.

#### Incredible evenings

Our mountainside restaurants organize incredible evening gatherings! Hike up on snowshoes, or use your touring skis... Details in the Petit Journal.

#### Incredible activities

Sledding, Fatbike, yooner, snake glisse...

### ADAPTIVE SKIING

The sit-ski means sharing the thrill of sliding on snow. One person, even severely handicapped, can now experience the joy of skiing at the same time and on the same runs as their friends, parents, educators, and siblings. This is not at all a restrictive activity. With ANAE in Pralognan, everyone will find the style of sliding on snow that best matches their ability.

#### Assistance

ANAE and the ESF ski school offer assistance with the following types of sliding equipment based on the desires and level of self-sufficiency of each individual: Tandem, TandemFlex, Kartski, piloted Dualski, and Uniski.

PUBLIC PRICE ALL-INCLUDED Pass, ski-sit and pilot	€
Half-day (3 hrs)	145.00
2 hours	120.00
1 hour	65.00

DISCOUNT* PRICE ALL-INCLUDED Pass, ski-sit and pilot	€
Half-day (3 hrs)	99.00
2 hours	80.00
1 hour	45.00

\* disability card requested.

#### Sit-ski rental

PASS NOT INCLUDED	€
Half-day	30.00
Full-day	45.00

\* pilot license requested.

For information and to register: ☎ +33(O)4 79 08 71 51

#### Ski pass "Me and my pilot"

Adult* + pilot	30.50 €
under 13* + pilot	24.50 €

\* disability card requested.





Vente directe de fromages produits à Pralognan  
ouvert tous les jours en saison

**Samantha et Pierrick Rolland**

145 avenue de la Grande Casse - 73710 Pralognan-la-Vanoise

**06 37 25 67 17**

**ÉTÉ**

**INTERSPORT**  
SPORT TO THE PEOPLE

**PRALO-SPORT**

**HIVER**

Chaussures  
Crampons - Piolet  
Matériel d'escalade  
Via ferrata

Skis - Snowboards  
Snowscoots - Yooner  
Raquettes

**LOCATION - VENTE**

Avenue du Chasseforêt - 73710 Pralognan-la-Vanoise  
Tél. 04 79 08 70 89 - [intersport-pralognan@neuf.fr](mailto:intersport-pralognan@neuf.fr) - <http://www.intersport-pralognan.com>



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# Nordic

Nestled in the heart of Vanoise National Park, France's very first national park, the unique destination that is Pralognan-la-Vanoise offers a thousand and one ways to enjoy such an exceptional setting. This undeniably includes Nordic skiing to take full advantage of the beautiful mountain environment and surrounding high summits – including Col de la Grande Casse Pass, one the highest mountain passes in the region! For a leisurely stroll or a more intense workout, Pralognan boasts the fourth largest Nordic skiing area in the Savoie. Enjoy the feeling of total freedom in the heart of the great outdoors on 26km of designated trails across wide-open plateaus and through alpine forests.

Nordic skiing enthusiasts are not the only ones able to enjoy the magic; parallel to the ski trails are designated pedestrian trails for a leisurely stroll on foot or on snowshoes. Enjoy yet another invitation to immerse yourself in this incredible mountain winter wonderland!

## What's new

### • 3 days of Nordic skiing

Would you like to try Nordic skiing or hone your skills? Discover new Nordic ski lesson packages.

### • Private biathlon lessons

Hit the bull's eye!

### • Learn to skate ski

Skate skiing is more technical and physically demanding than traditional cross-country technique!



## Nordic skiing, a diverse ski area located in an idyllic setting...

**Pralognan (the 4<sup>th</sup> largest Nordic ski area in the Savoie) offers 26km of designated groomed, patrolled, and very accessible trails through the forest and across the wide-open plateaus of Pralognan-la-Vanoise.**

### THE NORDIC SKI AREA

Marked trails (with arrows indicating the trail's difficulty), maintained and groomed for both classic and skate technique, including:

#### 5 trails - 26 km

1 green, 1 blue, 2 red and 1 black.

#### 1 "Nordic park"

#### 1 biathlon shooting range

#### 3 groomed and marked pedestrian and snowshoeing trails

#### Other activities (skijoring, horseback rides)

### NORDIC SKI AREA OPENING HOURS

The Nordic ski area is open every day from 9:00 to 16:30 starting on December 22.

For trail status, use the new website: [www.pralognan.com](http://www.pralognan.com).

### GREAT DEALS

#### Free

> For kids under 5 years old and seniors aged 75 years old and more.

> With your valid alpine ski pass (starting with a 1-day pass) you can go Nordic skiing for free.

Take advantage of the opportunity to discover this invigorating outdoor sport and the amazing natural décor surrounding Pralognan-la-Vanoise.

#### Discount rate

For kids 5 through 12 years old and adults 65 through 74 years old.

NORDIC AREA PASS	DISCOUNT	REGULAR
1/2 day morning or afternoon	5.00 €	6.00 €
1 day	6.50 €	8.00 €
6 days*	28.50 €	35.00 €
Season	49.00 €	60.00 €
Nordic Pass 73**	41.00 €	122.00 €
Nordic Pass Alpes du Nord**	47.00 €	152.00 €
Nordic Pass National**	70.00 €	210.00 €

\* 7 days and more: Discount: 28.50 + 5.20/day - Regular: 35.00 + 6.20/day

\*\* Nordic Pass: child rate for 6 through 16 years old.

For other children's passes: 5 through 12 years old.

### ACCESS PASS REQUIRED

You can purchase your access pass at the ski pass windows.

### OPENING HOURS SKI PASS WINDOWS

Located at the bottom of the Mont Bochor tram:

22/12 to 6/01 .....	8:45 - 16:20
7/01 to 8/02 .....	8:55 - 16:10
9/02 to 10/03 .....	8:45 - 16:40
11/03 to 14/04 .....	8:45 - 16:45
Saturdays 9, 16, 23/02 and 2/03 .....	8:45 - 19:15

### NORDIC SKIING

☎ +33(0)4 79 08 70 07

## NORDIC SKIING WITH ESF

Group lessons require a minimum 4 people of the same level.

### Group lessons (hours p. 8, afternoon only)

ALL SEASON LONG	SCHOOL HOLIDAY PERIOD	NON HOLIDAY PERIOD
3 lessons in a row*	89.00 €	87.00 €
6 lessons in a row	159.00 €	157.00 €

\* Sunday-Tuesday or Wednesday-Friday.

### New: skate skiing group lessons

Once you've tried Nordic skiing, take it to the next level with skate skiing, more technical and physically demanding than traditional cross-country technique.

FEB. 10 - MAR. 9	/PERS.
3 lessons in a row from 11:00 to 13:00	89.00 €

Rates do not include equipment, the trail access pass, or insurance. Purchase through ESF ski school, for hours see page 9.

### Private lessons (hours p. 9)

	SCHOOL HOLIDAY PERIOD	NON HOLIDAY PERIOD
1hr for 1 person	45.00 €	40.00 €
1hr for 2 people	50.00 €	47.00 €
1hr for 3 people	61.00 €	58.00 €
1hr for 4 people	71.00 €	68.00 €
Half-day	174.00 €	
All-day	322.00 €	

## DISCOVER THE BIATHLON WITH ESF

On Nordic skis, have fun learning the ins and outs of the laser biathlon at the Nordic ski area. Learn to shoot in the prone and standing positions with a laser rifle. The stadium includes a shooting range, 4 rifles, a penalty loop, and a cross-country ski course.

Every week there is a biathlon demonstration, see le Petit Journal.

DISCOVER	
1 hour in a group, starting at 7 years old	18.00 €
PRIVATE	
1 hour private lesson	60.00 €

## "NORDIC" INSURANCE

### Carré Neige

Carré Neige guarantees insurance coverage and assistance in the event of an accident.

In addition to the price of your ski pass, it covers rescue fees, emergency vehicle transport, repatriation, reimbursement for medical, pharmaceutical, and hospital fees, as well as ski pass and ski lesson reimbursement, legal assistance...

1 day	1.30 €
-------	--------

Purchase at the Nordic Skiing Welcome Desk and ESF ski school.

### Carte Neige

Season-long Nordic skiing insurance; available through the ESF ski school.

Nordic Carte Neige (adult or child)	65.00 €
-------------------------------------	---------

Purchase through ESF ski school, for hours see page 9.







*Depuis 1947*  
**ROLLAND SPORT**  
 Avenue de Chasseforêt  
 73710 Pralognan-La-Vanoise

**SKIS SURFS  
 ALPINISME  
 RANDONNÉE**

**LOCATION - VENTE**

*Consigne chauffée au pied des pistes*

**SKI & MONTAGNE**  
 Tél. 04 79 08 71 19

contact@skietmontagne.com  
**www.rolland.sport2000.fr**









## Pralognan on foot

To enjoy the mountains to their fullest, to admire the natural winter wonderland and the area's quaint hamlets:  
pedestrian trails, snowshoes, trail running...

### WINTER WALKS

9 marked pedestrian trails just for you.

A free map is available.

All are regularly maintained (information in the daily lift/trail status bulletin) and well-marked (purple signs).



All other signage that you may encounter is for the summer hiking trails and should not be used for winter excursions.

Proper shoes or boots with lugged soles are essential, and both poles and snowshoes are recommended for certain trails.

### HIKES

The incredible mountain environment surrounding Pralognan-la-Vanoise is ideally suited for hiking, with one or two limitations. Most of the classic summer trails are not recommended for winter excursions on foot. Tracks from snowmobiles or snowcats do not mean that a trail is maintained or safe. Choosing to venture outside the maintained winter area is your responsibility and requires following a few basic safety rules:

- > reviewing your chosen itinerary and the associated risks,
- > taking the weather, snow, and avalanche risk reports into consideration,
- > wearing appropriate clothing for physical exercise in cold temperatures,
- > carrying the right snow-safety equipment: transceiver, shovel, and probe,
- > telling your group or your accommodations where you are going.

Snowshoes, even if they have improved over the years, are not appropriate for steep slopes or for snow frozen solid by cold temperatures and the wind.

### TRAIL RUNNING

#### Designated trail running itineraries

Marked by Pralotrail, a local non-profit, (all start in front of the Tourist Office) several designated itineraries allow you to trail run and discover the mountainous terrain surrounding Pralognan. Information at the Tourist Office.

### NEW MARKED TRAIL

Chaberne: This trail through the forest takes you from Mont Bochor down to Les Fontanettes. Relatively challenging, this trail requires experience walking on snow-covered terrain.

Take the right gear (snowshoes, crampons, or mountaineering boots) based on snow conditions.



## SNOWSHOEING WITH ESF SKI SCHOOL

Walk off the beaten path with the mountain guides and leaders from ESF ski school.

Possible objectives: Chollière, Les Granges, Col de la Vanoise Pass, Plan Fournier...

Check the Petit Journal for the full program of outings.

Schedule subject to change based on the weather and snow conditions.

	SCHOOL HOLIDAY PERIOD	NON HOLIDAY PERIOD
Half-day or nighttime	23.00 €	28.00 €
All-day	47.00 €	45.00 €
Private outing half-day	174.00 €	
Private outing all-day	322.00 €	

Rental in shops: snowshoes, sticks and shoes (not provided by ESF).

Program in Petit Journal and in ESF Ski school.

Registration: before 16:00 the day before for half-day outing, and before 11:00 for all-day outing.

### Gourmet snowshoeing (non-holiday periods)

A For every day a leisurely stroll, for every stroll a delectable gourmet snack!

Every day, embark on a unique excursion on snowshoes and enjoy a delicious break prepared by a local artisan.

#### Upon request

If you are part of an organized group (family, friends, company, or other), contact ESF Ski School!

## SNOWSHOEING & PHOTOGRAPHY

### Snowshoeing

Pierrot offers snowshoe excursions all week long, and even on week end, for small groups of 2 to 12 people.

Half-day outing	22.00 €
All-day outing	42.00 €

### Photo Safari

If you like the mountains, Mother Nature, photography, a friendly atmosphere, tranquility, and snowshoeing, then this offer is for you: spend the night in an old shepherd's hut at 2000 meters elevation located in a small slice of paradise; in the dawn's early light, focus your camera on wild animals and enjoy a truly unique experience. Pierrot is your guy!

FOR GROUPS FROM 1 TO 4 PEOPLE MAX.	€
Single day	270.00
One-and-a-half days, spending the night in a chalet	370.00

Your night's stay and meals are at your expense.

Snowshoes and good hiking boots are not provided.

Your guide will provide all of the snow-safety gear: a transceiver, shovel, and probe. A short training session with this gear will take place before the excursion starts.

The photography outings require being in good physical condition, wearing the right clothing for the mountains, and bringing a telephoto lens.

Leave the stress of city life behind, but bring your smile with you!

Pierrot Descôtes ☎ +33(0)6 72 76 90 31

or pierrotdescotes@orange.fr

## LIFTS OPEN TO PEDESTRIANS

### Mont Bochor Aerial Tram

In 3 minutes you will be transported to 2010m elevation. From there, you can walk to the panoramic interpretive sign to marvel at the incredible views of the Vanoise glaciers, or get down to the village with Chaberné trail (difficult trail, see page 18).

### Edelweiss and Genépi chairlifts

You also have the possibility of joining your friends on the slopes at the Fontanettes or Barmettes mountainside restaurants.

From the Fontanettes restaurant: walk back down to the village.

From the Barmettes restaurant-hut: you are required to use the chairlift to descend.

ROUNDTrip*	REDUCED	REGULAR
1 trip**	7.30 €	9.80 €
10 trips**	58.00 €	78.00 €

\* for aerial tram or both Edelweiss and Genépi chairlifts.

\*\* keycard not included, 2 €.

Free: for kids under 5 and seniors aged 75 years old and more.

Reduced: for kids from 5 to 12 and seniors from 65 to 74 years old.

### Additional remarks

There are no options for walking down to the village from the top of the Genépi chairlift.

Walking, sledding, or snowshoeing down the runs at the alpine ski area is strictly prohibited.

During holidays periods, chairlifts are open to pedestrians from 9:45 to 10:45, from 11:45 to 14:45 and from 16:00 to 17:00.

## ROC DE LA PECHE HUT

The hut (1911m elevation) is open and staffed all winter long. Starting from Pont de Gerlon Bridge, you will enter the realm of the high mountains. By willingly crossing Pont de Gerlon Bridge, you accept the inherent risks and responsibility involved in this unique environment (read information sign).

Continue on the same side of the river until you reach the chalets in Montaimont, and then cross Doron or Genépy creeks (footbridges) to reach the hut.

Vertical gain: 500m. Average time: 3hr.

Contact: page 46.

## FRENCH ALPINE CLUB CARD, VANOISE TARENTAISE CHAPTER

### Annual card

Both summer and winter, this card provides unlimited liability coverage, and covers search and rescue costs.

It offers access to reduced rates for group outings organized in the summer by the local guide service, as well as reduced rates for a night's stay in a mountain hut.

Sign up online: <http://vanoise-tarentaise.ffcam.fr>



**PRALOGNAN  
LA VANOISE**

SAVOIE - FRANCE

Have fun, play hard, or simply relax

# THE AQUATIC CENTER

Pool

Ice rink & Curling

Wellness center

Spa & massages

Fitness & weights

Climbing wall

Team sports

Bowling







# Overview

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# Wellness, leisure

Let loose AND unwind. There is absolutely no need to choose between the two! Pralognan encourages you to create your own program of leisure activities, sports, and relaxation. If the surrounding environment is in itself invigorating and revitalizing, the wide range of available opportunities fills out this already alluring picture.

Serving as the resort’s nerve center, the Aquatic Center includes a pool and water-filled fun, a bowling alley, a gymnasium and fitness room, and even a 165m² indoor climbing wall.

Discover a wided variety of "off-piste" sports and leisure activities to enjoy either outdoors or indoors.

For pure unfettered relaxation, the wellness center offers a steam room, sauna, and spa for a moment of well being and rejuvenation.

---

## What’s new

- **Swimming for adults**

A special rate reserved for adult swimmers

- **Toboggans on ice**

While parents skate, kids glide on toboggans!



## Sports or leisure? It's your choice!

In the aquatic center...  
anything is possible in the Pralognan-la-Vanoise!

### OLYMPIC ICE RINK

Every day.....	15:00 - 19:00
Tuesday & Thursday .....	15:00 - 19:00 and 21:00 - 23:00

#### 30x60 meter skating rink

	WITH YOUR SKATES	WITH SKATE RENTAL
Child under 5	free	3,50 €
Child under 13	3,50 €	7,00 €
Adult	4,50 €	8,00 €
5 sessions	17,00 €	30,00 €

#### Toboggans on ice

You skate and push your kids on a toboggan!

Rent a sled	4,00 €
-------------	--------

#### Ice garden (school holidays)

A dedicated fun zone, blocked off on Tuesdays and Thursdays during afternoon session.

Child "safety" pack (sled + helmet + knee pads)	4,50 €
---	--------

#### Entertainment

Hockey games, exhibition (see Le Petit Journal for more informations).

#### Curling rink (reservation required)

Specially designed for this sport (pebbled ice), you can rent a sheet to play with friends or family.

Rent curling sheet & equipment (1 hr)	70,00 €
Rent curling sheet & equipment (1/2 day)	120,00 €

#### Figure skating lessons

With a state-certified instructor. Make a reservation by phone: Eline Mugnier ☎ +33(0)6 35 42 00 48

### POOL

Every day.....	15:00 - 19:00
----------------	---------------

The water is a constant 29°C, with a water slide, 2 lanes for laps, and a wading pool for kids.

	ENTRY	CARD 5 ENTRIES
Child under 5	Free	
Child under 13	4,50 €	18,00 €
Adult	6,50 €	26,00 €

#### Special offer for adults swimming

Card 1hr swimming	4,00 €
Card 5 hrs swimming	16,00 €
Card 10 hrs swimming	30,00 €

#### Swim lessons

Learn or improve your skills in a safe environment with our state-certified swimming instructor-lifeguard.

#### Aquatics lessons (school holidays)

#### Reservation required

Wednesday and Friday.....	11:00 - 12:00
---------------------------	---------------

1hr session	10,00 €
-------------	---------



## GYMNASIUM

### Badminton, team sports (reservation):

Every day, except wednesday.....15:00 - 19:00

A 426m<sup>2</sup> gymnasium with an energy generating floor to enjoy team sports (badminton, basketball, volleyball, handball...) as well as rollerblading...

Clean and dry shoes required.

	1 HOUR	5 HOURS
Badminton	14.00 €	56.00 €
Team sports	20.00 €	80.00 €

## INDOOR CLIMBING WALL

### Reservation required

Every day, except wednesday.....15:00 - 19:00

A 165m<sup>2</sup> climbing wall with 18 rope lines and routes for all levels.

### Access without instruction\*

You can use the climbing wall on your own to enjoy your favorite sport.

Gear not provided (rental possible through local sports shops).

Per session & per person	7.00 €
--------------------------	--------

\*Children only accompanied by parents.

### Climbing lessons with a guide

Take advantage of your vacation to discover or to improve your climbing skills by taking a lesson with a professional.

To register or for any requests: +33(0) 6 73 35 57 94.

## THE AQUATIC CENTER IS ALSO A PLACE WITH

A WELLNESS CENTER (SPA, TREATMENTS)  
PAGE 24



## FITNESS ROOM

Every day.....15:00 - 19:00

Part of the ice rink building (on the ground floor). This new room has 5 cardio machines, a wide variety of weight machines, and proprioception exercise equipment.

Per session	7.00 €
A 5-session card	28.00 €

## BOWLING AND BILLIARDS

Every day..... 17:00 - 00:00  
Tuesday and Thursday..... until 2:00

To start or finish the evening with friends or family in a friendly atmosphere, head to the Aquatic Center.

Game per person	8.00 €
American billiards, per game	2.00 €

\*VIP\*: PRIVATIZE A BOWLING LANE!  
Welcome drink and unlimited bowling!

Upon request	150.00 €
--------------	----------

### Bowling alley bar

The place to be at the end of the day, lots of evening entertainment all throughout the season.

## INFORMATION AND RESERVATIONS

### AQUATIC CENTER

☎ +33(0)4 79 08 74 88



## Wellness center with spa & treatments

A warm environment ideal for relaxing, in the aquatic center

### SPA

Every day.....	15:00 - 19:00
+ Tuesday & Thursday (spa only).....	10:00 - 13:00

Enjoy access\* to 2 saunas, a steam room, 2 jacuzzis, 3 sensory showers, a cold bath, a relaxation room, herbal teas...

*\*Aged 16 and more. Under 18, must be accompanied by an adult.*

ENTRY	
Card 1hr*	16.00 €
Card 2hrs*	26.00 €
Card 10hrs	80.00 €
Card 2hrs spa + 1 pool entry	30.00 €
Card 10hrs spa + 5 pool entries	115.00 €

SPA + TREATMENTS PACKAGES	
25 min treatment + 1 spa access, <b>upon request</b>	48.00 €
50 min treatment + 1 spa access, <b>upon request</b>	85.00 €
80 min treatment + 1 spa access, <b>upon request</b>	105.00 €

*\*30 minutes more: 10.00 €*

**"VIP": PRIVATIZE THE SPA AREA!**  
Welcome drink & unlimited wellness!

**Upon request** 2 000.00 €

### INFORMATION AND RESERVATIONS

#### AQUATIC CENTER

☎ +33(0)4 79 08 74 88 - +33(0)4 79 01 30 35

### TREATMENTS

Spa-practitioners will take great care of you\*, they offer:

UPON REQUEST	
25 min treatment	38.00 €
50 min treatment	75.00 €
80 min treatment	95.00 €

*\*Aged 18 and more*

### THE AQUATIC CENTER IS ALSO A PLACE TO DISCOVER

A POOL AND ITS WATER SLIDE  
THE OLYMPIC ICE RINK  
A CURLING RINK  
A GYMNASIUM  
THE INDOOR CLIMBING WALL  
A FITNESS ROOM  
BAR, BILLIARDS AND BOWLING

PAGES 22 & 23



## Well-being

So many ways to take care of yourself...

### ■ ANOUK MOUTON SMIT

☎ +33(0)6 87 30 97 02 - 291 avenue de la Grande Casse

#### Espace Zen Altitude

«Zen Attitude» center: a variety of relaxation techniques, body sculpting, body care.

### ■ MARINE LANDEAU

☎ +33(0)6 43 44 44 39 - Hôtel Les Airelles - 418 rue des Darbelays

By appointment

#### Osteopathy

Hands-on medicine to diagnose and treat mobility disorders of different structures of the human body. Osteopathy can act on joint pain or trauma, digestive disorders, back pain, stress, headaches, etc.

### ■ MARTINE ARNOLD

☎ +33(0)6 52 90 84 81

#### Shiatsu

State-certified physical therapist.  
Martine offers several types of massages: California, Shiatsu, reflexology foot massages...

### ■ NATHALIE JOVET

☎ +33(0)6 82 25 48 79 - 180 avenue de Chasseforêt

By appointment

#### Ayurvedic body therapy

This unique traditional massage technique thousands of years old offers several benefits. Originally from India, this massage, using warm sesame oil, takes your senses on a voyage and restores balance to your body and all of its functions. We highly recommend this therapy for people who are stressed or in a hurry, as well as for anyone who seeks inner peace.

Discover special massage techniques for babies as well as pregnant women. Enjoy true relaxation.

#### Marlage and family therapy

Nathalie Jovet will listen and serve as your guide to help you to better understand and manage everyday challenges (couples, kids, work...).

Find your true self, gain self confidence, improve your relationships with others, and work on conflict management to create win/win situations.

Her method is based on positive reinforcement and art therapy through theater.



## EQUESTRIAN CENTER

### Skijoring

Ancolie Ranch offers skijoring (horse-pulled skiing). An original and historic way to combine the pleasures of sliding on snow while being pulled by a horse. For kids and adults, beginners or experts: guaranteed fun and thrills! Choose a short introduction or longer initiation... (bring 150cm skis maximum).

Skijoring: Discover	15,00 €
Skijoring: First time	45,00 €

### Horseback and pony rides

Ancolie Ranch offers rides all winter long for both beginner and experienced riders.

Pony ride, 30 min	15,00 €
Horseback ride, 1 hour	35,00 €
"Full moon" nighttime horseback ride	45,00 €

### Pony sledding

Too young for skijoring? Discover pony sledding!

15 minutes	15,00 €
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Information and registration:

Ancolie Ranch ☎ +33(0)6 82 34 46 52

## SLEDDING AREAS

Two sledding areas are open to everyone:

>for little kids: at the entrance to the village, to the right of the Petit Poucet surface lift,

>for older kids: beneath the village of Les Bieux, to the left of the ESF snow garden (see village map).

## TANDEM PARAGLIDING

Flyover Pralognan and the surrounding mountains in a paraglider with your skis still on your feet; reflect upon nature's wonders from up high.

Contact: ☎ +33(0)6 77 74 36 80

## INUIT APPRENTICE

Close to the village, in a magical silence, discover the new Inuit Apprentice Camp!

Help build an igloo with guidance from Stéphane, our Inuit in chief. This fun activity is capped off with a delicious hot chocolate to enjoy inside the igloo.

Activity & hot drink	15,00 €
Buy one get one free	

8 years old and up. Kids must be accompanied by an adult.

Registration: Tourist Office

## DOG SLEDDING

### First time

Start with learning all about sled dogs, how they live, and their breed. After this fascinating introduction, sit down in a sled (equipped with a mattress and a waterproof blanket) and take off on a fantastic excursion through the forest. Feel the power of Siberian and Alaskan huskies as they wind their way uphill and revel in unique thrills on every descent.

### Kid Sledding

Kids will enjoy the opportunity to learn all about mushing and to share incredible moments with the sled dogs. A one-of-a-kind activity to have fun, learn to pilot a sled, and to become a real musher!

### Baby Park

After a ten-minute presentation on dog sledding, the instructor will teach kids about proper stance, how to turn, glide, brake, and stop by using fun and games to facilitate learning how to sled.

First time, 45 min	115,00 €
Kid Sledding, 1hr, rate per child (8-12 y.o.)*	40,00 €
Baby Park, 2hrs, rate per child (3-7 y.o.)*	50,00 €

\*During school holidays.

Helmet requested, not provided.

Registration: Tourist Office





# LOUEZ VOTRE POCKET WIFI

## RENT YOUR POCKET WIFI

 Connectez jusqu'à 10 appareils en très haut débit  
Connect up to 10 devices with high speed connection

**7€** /jour  
/day

**39€** /semaine  
/week

**Location à l'Office de Tourisme de Pralognan**  
Rental at Pralognan La Vanoise Tourist Office



**PRALOGNAN  
LA VANOISE**

SAVOIE FRANCE

## Votre supermarché à la montagne

Quentin, Jean-Christophe et leur équipe  
vous accueillent chaleureusement  
dans leur magasin, et vous proposent  
un large choix de produits !



**Sherpa de Pralognan**  
**Avenue de Chasseforêt**  
**04 57 15 99 47**

- Fromages / charcuteries à la coupe
- Fruits / légumes
- Produits régionaux
- Alimentation générale et Bio
- Poulets fermiers rôtis
- Pains et viennoiseries cuits sur place
- Prêt d'appareils à raclette
- Livraisons gratuites  
(Voir conditions en magasins)

**Sherpa.net**

Suivez toute l'actualité  
Sherpa sur Facebook



**sherpa**

**SUPERMARCHÉ**

Pour votre santé, mangez au moins 5 fruits et légumes par jour | [www.mangerbouger.fr](http://www.mangerbouger.fr)





# Kids

For years, Pralognan has figured among the small circle of French resorts truly well-equipped for organizing a short or long stay with kids. Lively, warm and friendly, and family-oriented, the village enjoys a well-preserved location at the upper end of a valley far from the major thoroughfares for a vacation that is 100% safe and secure. Share so many unique moments with your family at an alpine and Nordic ski area ideally suited for kids. The resort's professional instructors will treasure the opportunity to teach them.

Prali-Pralo fun zones at the alpine ski area, sledding areas, a wide variety of sports and cultural activities, as well as several opportunities to encounter the exceptional and wild local flora and fauna, your kids will be able to make the most of our mountain environment.

To serve the needs of every family, Pralognan also offers a variety of daycare options for your kids. All you have to do is choose the package that fits your imagination...



## KIDS CLUB 6 MONTHS - 6 YEARS AND OLDER

### Club Neige (Snow Club)

Located in the center of the village, with easy access from the footbridge near the Maison de la Vanoise. Club Neige is open Sunday through Friday from 09:00 to 17:30. It offers kids indoor activities such as arts and crafts, face painting, reading, and outdoor activities such as walks, sledding, and making a snowman. Services cater to all age groups.

Drop-off is from 9:00 to 10:00 and 13:30 to 14:00.

### Option with ESF ski school

For older kids, ESF handles taking them back and forth to Kids Club at the end of the morning lesson and before the afternoon lesson.

PACKAGES WITHOUT CARE BETWEEN 12:00 AND 13:30	RATES IN €	
	UNIT	5 UNITS AND + UNIT PRICE
Morning (9:00-12:00)	16.60	15.60
Afternoon (13:30-17:30)	19.70	18.70
Morning + Afternoon (9:00-12:00 & 13:30-17:30)	29.00	27.00

PACKAGES WITH CARE BETWEEN 12:00 AND 13:30*				
	NO LUNCH	WITH LUNCH	NO LUNCH	WITH LUNCH
Morning (9:00-13:30)	22.80	29.50	20.80	27.50
Afternoon (12:00-17:30)	24.80	31.60	22.80	29.50
All-day (9:00-17:30)	33.20	39.90	31.20	36.90

\* Child under 18 months old: lunch is provided (prepared by a chef).

### KIDS CLUB

☎ +33(0)4 79 08 77 09

*Kids from 6 to 18 months: parents must provide lunch.  
\* Ski school transfer for kids aged 3 and more.*

## CHILDCARE PROFESSIONAL

One childcare professional will care for your little ones for a 1/2 or full day at her home.

Patricia Blanc +33 (0)4 79 08 03 46 - +33 (0)6 75 15 36 26

## BABY EQUIPMENT RENTAL

@gence.com & la Conciergerie rent baby cribs, high chairs, and all-terrain strollers.

Contacts page 35.

Certain sporting goods stores also rent: sleds for babies, baby carriers...

## LANTERN-LIGHT DESCENT

On nights with a torchlight descent, kids start first, with paper lanterns in hand, right before their ski instructors.

*Level required: 1ere Etoile (1st Star). School-holiday periods only.  
Register in person on site.*

## PRALI-PRALO

At the loading station of the Genepi chairlift, a fun zone for kids to enjoy the "Not at all abominable Yeti" run.

## GARD'N SKI

French Ski School proposes morning group lesson + lunch and afternoon in Club Enfants!

*Number limited.*

Information: [www.esfpralognan.com](http://www.esfpralognan.com)

A vertical photograph of a mountain valley. In the foreground, a waterfall cascades over dark rocks, creating a misty spray at the base where a faint rainbow is visible. The middle ground is filled with dense green coniferous trees. In the background, steep, rocky mountain peaks rise against a clear blue sky with a few wispy clouds. The overall scene is vibrant and scenic.

# SUMMERTIME,

Pralognan-la-Vanoise  
is a fantastic destination  
for those who love the mountains!

LEARN ABOUT EVERY ACTIVITY TO ENJOY AT:

**PRALOGNAN.COM**

# Street names in Pralognan-la-Vanoise...

Every road, street, and alleyway now has a name. Every house has a number.

Here are the names:

Aiguille d'Août (rue de l')	i8-h9	Grande Casse (avenue de la)	j6-e8
Aiguille de Mey (rue de l')	i8-g7	Grande Louza (chemin de la)	j5-g5
Alpages (montée des)	e3	Granges (montée des)	b4-b3
Arbellaz (rue de l')	g7-j9	Granges (route des)	a3-c3
Barioz (Côte du)	m4	Isertan (rue de l')	n5-o5
Barioz (place du)	n4	Lanche (chemin de la)	d3
Barioz (ruelle du)	n4	Lauzes (rue des)	n4
Bieux (chemin des)	n4-n3	Marchets (ruelle des)	g5
Bouquetin (rue du)	h5	Martinet (route du)	o4
Carcas (route des)	a9-b7	Mont Loret (chemin du)	b7
Chapelle (montée de la)	c3	Oiseaux (chemin des)	f4-e4
Chasseforêt (avenue de)	m5-j6	Orgeval (rue de l')	b3-b2
Chollière (chemin de la)	n10-p10	Petite Louza (montée de la)	i5-i6
Col de la Louza (chemin du)	k4-g4	Plan (côte du)	i7
Creuses (rue des)	c3-e3	Plan d'Amont (chemin du)	k6j9
Croix (montée de la)	a7-b7	Plateau (route du)	n5-o9
Croix (route de la)	a8-b7	Portettaz (route de la)	j9-o9
Crozon Morgat (rocade de)	j6-n5	Raffort (rue du)	h5-g4
Darbelays (rue des)	f5-c3	RD 915	a4-e8
Doron (rue du)	k5-m5	Rocher Blanc (route du)	o5-o6
Dou des Ponts (chemin du)	n4-n5	Roret (chemin du)	b8
Dret (rue de la)	b3	Savines (rue des)	c3-c2
Ecole (montée de l')	b3-c2	Sel and du Fromage (route du)	n3-n1
Eglise (passage de l')	j5-k5	Stets (rue des)	c2
Erlet (chemin de l')	m4-n3	Teppes (route des)	e3
Fontanettes (route des)	g4-n1	Teppets (route des)	g5-f6
Goutte (chemin de la)	a7	Traille (chemin de la)	g4-f5
Grand Couloir (montée du)	l4	Traille (montée de la)	f5-e4
Grand Couloir (rue du)	l4-k4	XVlèmes Olympiades (impasse des)	f4
Grands Prés (rue des)	i6-f5	XVlèmes Olympiades (rue des)	g4-e3

## Envie d'investir à Pralognan-la-Vanoise ?



Découvrez le **Pack Invest by Affiniski** :  
**achat** de votre appartement + projet  
 de **rénovation** et **décoration clé en**  
**main** !

Plus d'infos sur [www.affiniski.com](http://www.affiniski.com)





## Legend

- |                                      |                  |                          |                                    |
|--------------------------------------|------------------|--------------------------|------------------------------------|
| Transdev bus stop (to train station) | Medical offices  | Automobile mechanic      | Tourist Office                     |
| Ski-bus<br>Pralognan-la-Vanoise      | Pharmacy         | Automated teller machine | Maison de la Vanoise               |
| Public parking lot                   | Defibrillator    | Post office              | Kids Club                          |
| Daytime parking lot                  | Public restrooms | Mailbox                  | N° for accommodations in directory |
| Campervan<br>RV parking lot          |                  |                          |                                    |



Map of the village

- |  |                                 |  |                          |  |                                      |  |                            |
|--|---------------------------------|--|--------------------------|--|--------------------------------------|--|----------------------------|
|  | Viewpoint                       |  | Nordic skiing trailhead  |  | Snowshoeing and pedestrian trailhead |  | Prälo Aventure             |
|  | Mont Bochor aerial tram         |  | Biathlon                 |  | Skijoring                            |  | Cinema, multi-purpose hall |
|  | Chair lift                      |  | Paragliding landing area |  | Pool                                 |  | Bowling alley              |
|  | Surface lift                    |  | Dog sledding             |  | Ice rink                             |  | Wellness center            |
|  | ESF ski school<br>Guide service |  | Sledding area            |  | Indoor climbing wall                 |  | Fitness room               |

## Restaurants - bars

### RESTAURANTS IN THE VILLAGE

D3	Les Airelles	p.44	04 79 08 70 32
M4	La Cascade	p.44	04 79 08 70 55
K4	Edelweiss Hôtel	p.44	04 79 08 72 40
I9	Les Gentianes	p.44	04 79 08 72 24
H7	Le Grand Bec	p.44	04 79 08 71 10
M5	Les P'tits Montagnards	p.44	04 79 08 75 76
L5	La Pachné	p.44	04 79 09 95 87
L5	Le Pré du Coin	p.45	04 79 08 71 70
L4	Le Régat Savoyard	p.45	04 79 08 74 76
L5	La Ripaille	p.45	04 79 24 02 18
L5	Les Seillons	p.45	04 79 01 41 51
P6	La Table des Lodges	p.45	04 79 08 73 11
N5	Le Tourisme	p.45	04 79 08 70 54
N4	La Vanoise	p.46	04 79 08 70 34
J5	Pépé Gust'	p.45	04 79 08 70 74

### MOUNTAINSIDE RESTAURANTS

	Les Barmettes	p.46	04 79 08 75 64
	Auberge des Fontanettes	p.46	04 79 08 70 42
	Isba	p.46	04 79 08 72 11
	Le Pachu 2000	p.46	04 79 08 72 11
	Le Roc de la Pêche	p.46	04 79 08 79 75

### BARS & WINE CELLARS

K5	Bar du Bochor	p.47	04 79 08 76 32
N6	Bar du Bowling	p.47	04 79 08 74 88
L5	La Grange	p.47	06 73 42 11 64
K5	Le 200 Vins & 1	p.47	04 79 08 01 08
I9	Les Gentianes	p.44	04 79 08 72 24
L5	La Pachné	p.44	06 11 39 97 69
N5	Le Tourisme	p.45	04 79 08 70 54

### CREPES, DELIS, SNACK BARS

L4	Crêperie le Doron	p.48	
M5	L'Escabel Traiteur	p.48	04 79 01 08 35
I6	Pizza Mia	p.48	06 56 72 42 11
L4	Soopy Snack	p.48	04 79 41 20 79

## Sport shops

### Sporting equipment rental

M4	Alpigliess - Sport 2000	p.52	04 79 07 67 18
L4	Consigne à Ski	p.53	04 79 08 71 19
L5	Favre Sports - Go Sport	p.52	04 79 08 71 20
K5	Latitude - Skiset	p.52	04 79 08 70 45
K5	Pralo Sports - Intersport	p.52	04 79 08 70 89
N4	Régis Sports - Skimium	p.53	04 79 08 72 41
K5	Rolland Sport - Sport 2000	p.53	04 79 08 71 19
L4	Soopy Ski	p.53	04 79 41 20 79
M5	Sport Vanoise	p.53	04 79 08 74 65

## Food shopping

### GROCERY STORES

J6	Casino Shop	p.49	04 79 08 71 85
J5	Sherpa	p.49	04 57 15 99 47

### BAKERY

J6	La Marmottine	p.48	04 79 08 70 88
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### REGIONAL PRODUCTS

I6	Les Campanes	p.49	04 79 08 74 89
J5	Les Clarines	p.49	04 79 08 70 05
M5	Coopérative Laitière	p.50	04 79 08 79 98
L9	Chèvrerie de Chavière	p.50	04 79 00 70 84
I6	Fromagerie du Plan	p.50	06 37 25 67 17
J5	Liquoristerie de la Vanoise	p.49	04 79 08 70 05

## Shops

### NEWSSTAND - BOOKSTORE

L5	Maison de la Presse	p.54	06 50 71 50 65
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### DRY CLEANING - LAUNDRY

J5	Alp Laverie	p.59	04 79 08 76 50
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### PHOTOS, ID PHOTOS

### FAX, PHOTOCOPIES, SCAN

### TV RENTAL

J6	Galerie de la Vanoise	p.50	04 79 08 70 72
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### HAIR SALON

J5	Any Coiffure	p.54	04 79 01 40 37
L5	Le Casque d'Or	p.54	04 79 08 70 48

### FRANÇAISE DES JEUX (LOTTERY)

K5	Bar du Bochor	p.47	04 79 08 76 32
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### RECHARGEABLE MOBILE CARDS

L5	La Poste	p.57	
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### GIFTS, SOUVENIRS

L4	La Boutique d'en Haut	p.50	04 79 01 07 94
J6	Les Campanes	p.49	04 79 08 74 89
J5	Les Clarines	p.49	04 79 08 70 05
J6	Galerie de la Vanoise	p.50	04 79 08 70 72
J6	Gris Souris	p.52	
J5	La Liquoristerie	p.49	04 79 08 70 05
L4	Maison de la Presse	p.54	06 50 71 50 65
C3	Le Petit Savoy'Art	p.52	06 30 62 16 71
M4	P'tite Boutique du P'tit Mont-Blanc	p.50	04 79 08 72 73

### FASHION

L5	Le Cosy Corti	p.54	04 79 07 61 60
N4	Régis Sports - Skimium	p.53	04 79 08 72 41

### JEWELRY - GIFTS

L5	Le Casque d'Or	p.54	04 79 08 70 48
L5	Le Cosy Corti	p.54	04 79 07 61 60
J6	Gris Souris	p.52	

## Services

J5	Alp Laverie	p.59	04 79 08 76 50
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## Children

### CHILDCARE PROFESSIONAL

A3 Patricia Blanc	p.29	04 79 08 03 46 06 75 15 36 26
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### CLUB ENFANT- KIDS CLUB

L5 Club enfants / Garderie	p.29	04 79 08 77 09
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### BABY EQUIPMENT RENTAL

J5 @gence.com	p.18	04 79 01 40 94
Conciergerie privée	p.59	06 50 09 39 82

## Leisure - Activities

Apprenti Inuit	p.26	04 79 08 79 08
H7 Atelier de Lisette	p.40	04 79 08 71 10
N6 Biathlon	p.17	04 79 08 72 25
K4 Bibliothèque	p.40	04 79 08 71 23
L4 Bureau des Guides	p.12	06 73 35 57 94
L9 Chèvrerie de Chavière	p.40	04 79 08 79 08
P5 Chiens de traîneau	p.26	04 79 08 79 08
L4 Cinéma le Parc	p.40	04 79 08 79 08
L4 École du Ski Français	p.8	04 79 08 72 25
O6 Espace aquatique	p.22	04 79 08 74 88
Événements	p.41	04 79 08 79 08
Galerie Hydraulica	p.39	04 79 22 19 68
Glacialis	p.39	04 79 55 06 55
Guide indépendant	p.13	06 82 11 32 48
L5 Maison de la Vanoise	p.38	04 79 08 71 49
Parapente	p.26	06 77 74 36 80
N6 Centre équestre Ranch l'Ancolie	p.20	06 82 34 46 52
Raquettes et photos	p.19	06 72 76 90 31
M4 Remontées mécaniques	p.4	04 79 08 70 07
Ski alpin	p.4	04 79 08 70 07
Ski nordique	p.16	04 79 08 70 07

## Reception

K4 Office de Tourisme	p.56	04 79 08 79 08
L5 Maison de la Vanoise	p.38	04 79 08 71 49

## Artisans

### CONSTRUCTION AND LANDSCAPING

Thibaud Benoît	p.58	06 50 57 83 49
Martial Blanc & Fils	p.58	06 70 04 04 97
Maxime Blanc	p.58	06 76 49 39 10
Franck & Pierre-Olivier Blosser	p.58	06 81 34 01 17 06 74 65 59 77
Laurent Favre	p.58	06 77 13 28 54
Nature Bois Paysage	p.58	06 59 29 35 62

### ARTS & CRAFTS

J6 Gris Souris	p.52	
C3 Le Petit Savoy'Art	p.52	06 30 62 16 71
J5 Liquoristerie de la Vanoise	p.49	04 79 08 70 05

## Accommodations

### HOTELS

G8 Hôtel A+ <sup>NC</sup>	12	04 79 08 87 00
D3 Les Aïrelles ***	3	04 79 08 70 32
K4 Edelweiss Hôtel***	31	04 79 08 72 40
P6 Épicéa Lodge ***	26	04 79 08 73 11
H7 Le Grand Bec ***	14	04 79 08 71 10
N4 La Vanoise ***	23	04 79 08 70 34
K5 Pépé Gust <sup>NC</sup>	17	04 79 08 70 74

### BED & BREAKFAST

A3 Chalet La Piat	2	04 79 08 03 46
H8 Chalet Rum Doodle	15	06 26 97 59 54

### VILLAGES HOTELS CLUBS

E3 Ternélia le Télémark	5	04 79 08 74 11
N5 Vacanciel	24	04 79 08 19 19

### VACATION VILLAGES

G7 Anaé Les Loisirs Accessibles à Tous	10	04 79 08 71 51
H5 La Chèvrerie	8	04 79 08 73 93
J6 UCPA	16	04 79 08 72 15

### VACATION APARTMENT RESIDENCES

G7 Alpes Roc ***	11	04 79 08 79 66
E3 Lagrange Vacances **** (Hauts de la Vanoise)	26	04 79 01 37 48
M4 Madame Vacances **** (Jardins de la Vanoise)	21	04 79 36 36 52
G7 Odalys - Labellemontagne *** (Le Blanchot)	13	04 79 41 20 75

### REAL ESTATE AGENCIES

J5 @gence.com	p.18	04 79 01 40 94
M5 Vanoise Immobilier	p.22	04 79 08 73 94

### RESERVATION CENTER

M4 Centrale de Réservation	p.20	04 79 08 73 22
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### VACATION RENTALS BY PROFESSIONALS

O4 Chalet l'Hermitage - Michel Soresina	30	04 79 08 71 92
G5 Chalet Montana	9	04 79 08 72 31
M4 P'tit Mont-Blanc **	28	04 79 08 72 73
L4 Le Pré du Coin	29	04 79 08 77 07

### OWNERS ASSOCIATION

Association des loueurs particuliers de Pralognan (ALP)  
www.locations-particuliers-pralognan.com

### CHALETs & HUTS

Les Barmettes	p.11	04 79 08 75 64
Le Roc de la Pêche	p.11	04 79 08 79 75
Col de la Vanoise (printemps)	p.11	04 79 08 25 23
Péclet-Polset (printemps)	p.11	04 79 08 72 13

### OUTDOOR ACCOMMODATION

P6 Alpes Lodge ***	27	04 79 08 75 24
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## Well-being

H7 A. Mouton Smit - Espace Zen Altitude	p.25	06 87 30 97 02
Ayurvéd	p.25	06 82 25 48 79
O6 Espace détente - Spa	p.24	04 79 08 74 88
Osthéopathie	p.25	06 43 44 44 39
Martine Arnold - Shiatsu	p.25	06 52 90 84 81

## Personalized services

### CONCIERGE

- J5 @gence.com 18 04 79 01 40 94  
 Conciergerie privée p.59 06 50 09 39 82

### ARCHITECT

- M4 Caroline Blanc p.59 06 67 44 02 73

## Medical services

### MEDICAL OFFICES

- M4 Dr Francoz p.57 04 79 08 75 61  
 L5 Dr Maigné p.57 04 79 08 72 04

### PHARMACY

- L5 Montgault Lépine p.57 04 79 08 71 61  
 Pharmacie de garde 32 37

### WELLNESS & PHYSICAL THERAPY

- Marine Landeau - Ostéopathe p.25 06 43 44 44 39  
 N4 Cabinet de kinésithérapie p.57 04 79 04 12 69

### OTHER

- Nurse 06 12 73 61 90  
 Albertville Hospital 04 79 89 55 55  
 Medical emergencies 39 15  
 Samu (emergency number) 112  
 Emergency number hearing-impaired 114  
 Poison control 04 72 11 69 11  
 Fire department 18

### VETERINARY OFFICES

- La Perrière 04 79 41 95 36  
 Bozel 04 79 22 09 51

## Public services building

- L5 La Poste p.57 36 31 ou 36 39

## Administrative services

- K4 Mairie p.57 04 79 08 71 23  
 Office National des forêts p.57 04 79 08 72 83  
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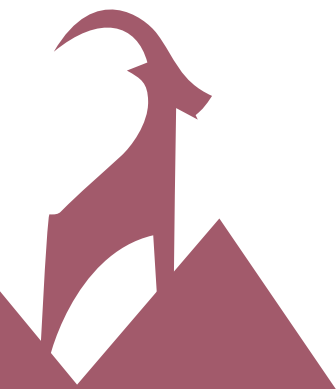
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# Sightseeing & culture

Pralognan has a singular history to discover, one of a high-mountain kingdom since 1860, marked by the first ascent of the legendary Grande Casse, and of a visionary winter sports resort starting as early as the 1950s.

Pralognan also offers a uniquely authentic local heritage, a village without glitter or superficial appearances, forever proud to preserve its traditions, culture, and identity.

This identity is distinguished by a strong architectural heritage, by small traditional hamlets dotted with chalets built from stone and wood, and covered with the wood or stone shingles typical of the area. Farming and a pastoral way of life still define the area, even in the twenty-first century, a guarantee that this historic know-how continues to be passed down from one generation to the next. While influenced by its past, Pralognan still lives just as much in the present through sporting, cultural, and festive events all throughout the year that set the rhythm in a village that is everything but stuck in the past.

## Vanoise National Park

Extending to the Italian border, it shares a 14 kilometer boundary with Italy's Gran Paradiso National Park, sister park since 1972. The two parks make up the largest natural protected area in Western Europe. More than 2/3 of Pralognan-la-

Vanoise is located in the park's most protected area ("the central zone").



## Vanoise National Park

The national park, created in 1963, extends across the entire Vanoise Range, from the Tarentaise Valley to the north, to the Maurienne Valley to the south.

### ■ MAISON DE LA VANOISE

The Vanoise National Park visitor center

From December 22, 2018 to March 24, 2019  
Every day (except holidays and Saturday in January and March), from 9:00 to 12:00 and from 15:00 to 19:00

#### Outings and information

A tour guide will provide you with information on the flora, fauna, and the actions underway to save and protect the environment. Free access to permanent exhibits on the "Salt Road" and the local fauna that you may encounter in the park.

#### Salt Road Exhibit

Learn about the history of the Salt Road, which stretches from Pralognan-la-Vanoise to Termignon.

In the 13th century, crossing Col de la Vanoise Pass (now in the heart of the National Park) was the shortest route for transporting salt from the Moutiers salt mines to Italy. Thus, the "Salt Road" was born. A trade route first used by merchants, and then pilgrims, vendors, the military, and mountain climbers...

The exhibit starts with a 8-meters wide aerial map. The tale is interspersed with 11 stations each focusing on a specific aspect of life on this road, such as the chapels, chalets, flora and fauna... The hands-on model of a mountain, with different figures to place, is a learning tool for children to enjoy the exhibit as a family.

Local personalities provide video testimonials of their experience and their professions connected to the Salt Road. For those who would like to learn more, in-depth sheets provide more details on the themes of the exhibit: displays with local fauna everyone to see close up what a ptarmigan, a black grouse, a marmot, or even a snow hare looks like.

#### Temporary exhibits

All season long, photos expos and a chance to meet the artists.

Photos expo on fauna in winter.

Exposition (photos and text) on alpine plants and vegetation.

#### Nature game workshops

Every Tuesday afternoon enjoy a workshop that builds greater awareness about nature through games and other national park goodies.

#### Wild animal watching

On Thursday afternoons, meet with park rangers at the ski area trails to observe local fauna.

#### Film night

On late afternoon participate in a film-discussion (check the Petit Journal for exact times).

#### OTHER MUSEUMS AND HERITAGE SITES

The Tourist Office would be happy to provide you with a wide variety of documents on the heritage sites and museums in the Tarentaise Valley.



## Discover the museums in and around Pralognan-la-Vanoise

Enjoy two museums to discover the natural and “industrial” history of Pralognan-la-Vanoise!

### ■ ESPACE GLACIALIS IN CHAMPAGNY EN VANOISE

Glaciers are ever-present in our local mountains, and Espace Glacialis reveals their secrets. The interpretive center is located in Champagny-le-Haut's beautiful hanging valley. Learn everything you need to know about these giant rivers of ice, from the science to the historical role they have played, through a fun and interactive exhibit (movies, models, photos, hands-on displays...). All winter long: a temporary exhibit on the “TEMPS DES 1<sup>ERS</sup> ALPINS”.

From December 26, 2018 to April 20, 2018  
Tuesday through Friday: 14:00-18:00

#### Temporary Alpine Ibex exhibit:

Through sketches and illustrations, discover one of the most emblematic wild animals living in the surrounding mountains. Learn in detail about how the ibex thrives in the in the local alpine environment.

Ibex horns and other exciting artifacts are part of the exhibit. In addition, families will have fun learning about the “lord of the Alps” through educational games.

To enjoy exploring this and other exhibits as a family, please feel free to ask for the “12 défis” (12 puzzling challenges)!

#### Guided tours “Echo des glaciers”

Thursday mornings at 10:00.

	ADULT	REDUCED	CHILD
Basic admission	3.00 €	2.00 €	1.50 €
Guided tour	4.00 €	3.00 €	2.00 €

Reduced: students, unemployed, combined Glacialis/Hydraulica ticket  
Child: 6-13 years old. For groups (10 person min.) ask for more information.  
Groups and guided tours: +33(0)4 79 55 06 55 or +33(0)4 79 01 40 28

### ■ GALERIE HYDRAULICA IN VILLARD DU PLANAY

At the base of one of the largest intake pipes for capturing glacier runoff, the Hydraulica Gallery will reveal the secrets of hydroelectricity and its use in metallurgy and chemistry. A captivating visit punctuated with films, models, slideshow... Scenography translated into English

Open January 21 to April 12, 2019, from 14:00 to 18:00

School holidays: Monday through Friday

Non-holiday periods: Monday, Tuesday, Thursday, and Friday.

#### Options available:

> **Self-guided tour:** during opening hours.

> **Guided tour (in French) “La force de l'eau, le travail des hommes”:** on Tuesdays at 15:00, reservation required the day before by 18:00 at the latest (5 person min. – 20 person max.).

	ADULT	REDUCED	CHILD	FAMILY
Basic admission	3.50 €	3.00 €	2.00 €	9.00 €
Guided tour	4.50 €	4.00 €	2.50 €	12.00 €

Reduced: students, unemployed, combined Glacialis/Hydraulica ticket  
Child: 7-16 years old. Family = 2 adults + 2 children

> **Temporary exhibit:** “Quand on dit montagne” (“Tales about the mountains.”) Locals share their stories. Made by ethnologist Valentina Zingari and the FACIM Foundation. Through placards and audio recordings, this exhibit highlights the stories and accounts of those who live on the south-facing slopes of the Tarentaise Valley.

Galerie Hydraulica: ☎ +33(0)4 79 22 19 68

# Take full advantage of your vacation to learn, to discover...

...the culture and heritage in Pralognan-la-Vanoise!

## THURSDAYS AT GOAT FARM

### Visit and taste cheeses made in Pralognan

Audrey & Sylvain warmly welcome you in their farm, with a new dedicated area for baby goats, to take part in milking and enjoy tasting local cheeses.

Visit child (4 - 11 years old)	2.00 €
Visit adult (12 and older)	8.00 €

Sign up at the Tourist Office.

## GUITAR LESSONS

For beginner and advanced musicians.  
Graduate of the ATLA music school in Paris, and after teaching for 11 years in France's capital city, Thomas moved to Pralognan-la-Vanoise to the delight of all visiting and local music lovers.

Contact Thomas to schedule a lesson ☎ +33(0)6 77 17 81 14

## PIANO LESSONS & MUSICAL TRAINING

This music teacher offers piano lessons.  
For more information: ☎ +33(0)6 86 89 71 16

## AMATEUR MUSICIANS

The Grand Bec Hotel has a room available for you to practice music or meet other musical enthusiasts. Bring your instrument.

For more information: ☎ +33(0)4 79 08 71 10

## LISETTE'S WORKSHOP

Wood or canvas painting..  
From first time to skill improvement.  
For more information: ☎ +33(0)4 79 08 71 10

## LIBRARY

Located in City Hall	
Monday and Thursday .....	15:00 - 18:00
Wednesday .....	15:30 - 17:00

The Pralognan library is open all year long, and offers a wide variety of books, CDs, and DVDs for kids and adults.

Borrow books, CDs and DVDs.

Facebook: Bibliothèque Municipale de Pralognan.

## BETWEEN HERITAGE AND LANDSCAPES

Guided tours around the village. The tour follows the sunniest aspects of our destination and offers you the chance to visit a wide variety of local relics and ruins. The guide knows the ins and outs of Pralognan, and created the tour after several long, in-depth discussions with the village elders.

Per person	7.00 €
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Register at the Tourist Office

## WINTER BEHIND THE SCENES

Pralognan-la-Vanoise offers other original ways to explore the alpine ski area.

### Mont-Bochor aerial tram (free)

Go behind closed doors during a guided visit of the aerial tram. Sign up at the Tourist Office.

### Before opening

Every week in school holiday periods (see program) before the ski area opens. Sign up at one of the ski pass windows.

#### First tracks with ski patrol before the ski area opens

Ride the tram reserved for personnel only and ski alongside a patroller, who will explain the intricacies of his profession.

### After hours

Every week (see program), after the ski area stops. Sign up at one of the ski pass windows.

#### Come in my machine!

After the torchlight descent, snow groomer drivers invite, via raffle, kid or adult skiers to head behind the snow-grooming scenes by riding in the passenger seat of one of these incredible machines.

### Beneath the ice! (free)

During school-holiday periods only, venture beneath the ice and behind the scenes at the ice rink (see the Petit Journal). Register at the Aquatic Center welcome desk.

## LE PARC CINEMA

Sunday to Friday: showings at 18:00 and 21:00.  
Schedule in the Petit Journal.

	UNDER 12	ADULT
Admission	5.50 €	8.00 €
Card for 6-admissions	33.00 €	

## MARKET

Tuesday and Friday in the square in front of City Hall (Mairie).

## EVERY WEEK ALL WINTER LONG

The Tourist Office team organizes welcome drinks, educational activities, games, evening parties, guided tours, and much more all winter long... for kids and adults.  
Check the Petit Journal for more information.



# world

25 - 26 JANVIER 2019

## COUPE DU MONDE FIS

# TELEMARK

2 ÉPREUVES : CLASSIC & SPRINT

## Events and gatherings

### DECEMBER 22, 2018 TO JANUARY 6, 2019 "CHRISTMAS AT HEART"

All throughout the week: workshops for kids including drawing, letters to Santa, decorating the Christmas tree with ornaments and figurines painted by the kids. Remember to stop by the "Restos du Coeur" (a charity organization) toy hut to donate new or slightly used games and toys.

On December 24: a torchlight descent, Santa's arrival with ski instructors, handing out traditional French chocolate candy and the traditional souvenir photo.

### DECEMBRE 31, 2018 NEW YEAR'S EVE

New Year's Eve parties in restaurants throughout the village as well as the last "après-ski" of 2018, a torchlight descent combined with one crazy celebration on the snow front, in the streets and firework!

### JANUARY 17, 2019 LA GRANDE ODYSÉE SAVOIE MONT BLANC

8 nationalities, 25 mushers, with 6 to 10 dogs each!

This legendary sled dog race will make a stop again in Pralognan-la-Vanoise.

An extraordinary experience for nature lovers, sports enthusiasts, and those who enjoy the spectacular!

### JANUARY 19, 2019 6<sup>TH</sup> TRAIL DE L'INUIT

A truly unique snow-covered nighttime trail run, open to everyone: 75km and 15km formats that finish with a hearty Savoyard meal. Register online: [www.trailsvanoise.com](http://www.trailsvanoise.com), or on site.

### JANUARY 25 & 26, 2019 FIS TELEMARK WORLD CUP

Today Telemark, the original technique for turning on skis, has become a major winter sport through its grace, required technical skills, versatility, and the friendly nature of its enthusiasts.

The Telemark World Cup in Pralognan is the only telemark competition held in Savoie and in France.

### MARCH 12 TO 14, 2019 COMEDY FESTIVAL

For 3 days, enjoy evening shows in the multi-purpose hall and on the slopes, as well as explosive musical performances in bars throughout the resort. Organized by Fabrice Abraham. Reservations through the Tourist Office.

### APRIL 6 & 7, 2019 SHOPKEEPERS' GRAND SALE

All the best deals in the shops in Pralognan-la-Vanoise.

### MARCH 30, 2019 THE GRANDE CASSE GUEULE

A friendly telemark skiing gathering where dropping a knee and having a great time form the perfect mix (French Sprint Championship, parade, first-time lessons, contests, parties, concerts...).

### APRIL 7, 2019 TRANSVANOISE RACE

One-hundred 3-person teams are expected to compete against each other on the slopes of the legendary Vanoise glaciers.

The competition is part of the Alpi Ski Tour by the French Alpine Club and also a part of the FFME's French National Ski-Mountaineering standings.

This race offers a truly unique setting: the Vanoise Glaciers, a wild and protected environment in the heart Vanoise National Park.



VOUS ÊTRE UTILE

Parce que l'avenir se prépare aujourd'hui, nous sommes  
aux cotés de ceux qui imaginent la **montagne** de demain.

La Caisse d'Epargne Rhône Alpes, banque des acteurs économiques de la montagne, accompagne les collectivités locales, les offices de tourisme, les sociétés de remontées mécaniques, les promoteurs immobiliers, les associations, les professionnels du secteur...

Ses partenariats, noués dans le cadre de son programme Montagne Nouvelle Définition, contribuent à démocratiser l'accès à la montagne et à développer son activité économique.

Caisse d'Epargne Rhône Alpes - 116 cours Lafayette - 69003 Lyon - 384 006 029 RCS Lyon



**8 Mont+Blanc**

CANAL 31  
DE LA TNT  
CANAL 30  
SUR LES BOX  
L'INFO LOCALE SUR  
FACEBOOK LIVE

[www.8montblanc.fr](http://www.8montblanc.fr)



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# Going out

In Pralognan-la-Vanoise, you are much more than a customer, you are our guest. This seemingly small symbolic detail embodies the warm and attentive welcome awaiting all visitors. Even for a short stay, everyone feels right at home whether in a hotel, a mountain hut, a chalet, or an apartment.

This sentiment gains even more meaning when you open the door to any one of the many establishments at the resort. Choose between a wide variety of bars, pubs, snack bars, tea rooms, and wine cellars, as well as no less than fourteen restaurants and five mountainside restaurants. The shopkeepers in the village are no exception, and go out of their way to ensure that the resort maintains its warm and welcoming reputation.

## Restaurants in the village

### LES AIRELLES

**D3**


☎ +33(0)4 79 08 70 32  
418 rue des Darbelays  
[www.hotel-les-aielles.fr](http://www.hotel-les-aielles.fr)

Catherine, Stéphane, and the Airlles team invite you to spend an evening by the fireplace in their warm and friendly Savoyard chalet to enjoy a copious meal and their creative cooking style, which includes almost exclusively local and fresh ingredients.

### LA CASCADE

**N4**


☎ +33(0)4 79 08 70 55  
31 côte du Barioz

The legendary restaurant in Le Barioz, Annie welcomes you, evenings only, and offers gourmet specialties and meats, cooked in a wood stove, and garnished with her amazing homemade fries! A warm and friendly atmosphere around the fireplace!

### EDELWEISS

**K4**


☎ +33(0)4 79 08 72 40  
12 chemin du Col de la Louza  
[www.hotel-edelweiss-pralognan.com](http://www.hotel-edelweiss-pralognan.com)

The three-star Edelweiss hotel and restaurant, ideally located just 50m from the village center and the bottom of the slopes, welcomes you for a "relaxing" moment and "gourmet" experience to share without moderation on the restaurant's patio while enjoying panoramic views.

### LES GENTIANES

**I9**


☎ +33(0)4 79 08 72 24  
343 route de L'Arbellaz  
[www.restaurantlesgentianespralognan.com](http://www.restaurantlesgentianespralognan.com)

Just a short walk from the village center, near the Nordic ski area, it is with great pleasure that the Les Gentianes restaurant welcomes you to discover their high-end cuisine, for a relaxing meal in the spacious dining room with a fireplace.

### LE GRAND BEC

**H7**


☎ +33(0)4 79 08 71 10  
291 avenue de la Grande Casse  
[www.hoteldugrandbec.fr](http://www.hoteldugrandbec.fr)

Chef Dominique Briquet, master restaurateur and member of the Savoie Academy of Taste and Culinary traditions, makes a careful selection of local products and pays particular attention to making a wide variety of well-balanced meals.

### LES P'TITS MONTAGNARDS

**M5**


☎ +33(0)4 79 08 75 76  
40 avenue de Chasseforêt  
Résidence les Glières

A warm and friendly atmosphere straight from Brittany. Seb & Flo offer genuine flour and buckwheat crepes, Savoyard specialties, and other dishes to discover. Non-stop service starting at 12:00. Be sure to make a reservation. In the afternoon enjoy a hot chocolate, hot wine, several teas... And a sweet or savory snack to warm up!

### LA PACHNÉ

**L5**


☎ +33(0)4 79 09 95 87  
134 avenue de Chasseforêt

In their small cozy restaurant at the base of the ski area, Erica and Fred welcome you like close friends, offering their vast professional experience, their smiles, a wide selection of local products from Pralognan's very own farmers and producers, as well as a few other surprises to tantalize your taste buds!

## Restaurants in the village, continued

### LE PRÉ DU COIN

L5



☎ +33(0)4 79 08 71 70  
194 avenue de Chasseforêt

In the heart of the village, enjoy a sunny, heated patio, with views of the mountains, and an authentic setting inside. The Pré du Coin team offers a wide range of dishes and fixed menus to choose from, whether Savoyard specialties or refined French cuisine.

### LE RÉGAL SAVOYARD

L4



☎ +33(0)4 79 08 74 76  
35 rue du Grand Couloir

At the foot of the slopes!  
Rachel, Christian and their team welcome you in their warm and friendly restaurant!  
In addition to traditional meals, discover local specialties such as "farçon" or "potence"!

### LA RIPAILLE

L5



☎ +33(0)4 79 24 02 18  
217 avenue de Chasseforêt  
Galerie Chasseforêt

Ideally located - Village center - mountain views  
A lovely patio and friendly dining room, decorated with care. In addition to our delicious pizzas (at the restaurant or to go), enjoy the wide variety on our menu!  
Reservation recommended.  
Sandrine and Yann

### LES SEILLONS

L5



☎ +33(0)4 79 01 41 51  
207 avenue de Chasseforêt  
Galerie Chasseforêt

In addition to the dishes we offer, enjoy stuffed crepes! In the village center, at the Galerie du Chasseforêt shopping center, our dining room is ready and waiting. We would love share the Rockabilly and Harley atmosphere with you.  
Brigitte and David

### LA TABLE DES LODGES

P6



☎ +33(0)4 79 08 73 11  
194 route de Rocher Blanc  
Secteur Isertan

An inventive and modern cuisine that has maintained its authentic nature, from the rustic character of Savoyard specialties to the rich flavor of gourmet French cuisine, with the spices of the Indian Ocean occasionally mixed in.

### LE TOURISME

N5



☎ +33(0)4 79 08 70 54  
15 avenue de Chasseforêt

Near the hamlet of Le Barioz and the village center, discover Dédé's restaurant with a wide variety of choices on the menu, a plate of the day, and homemade pizzas to enjoy as a family or with friends, in a warm and friendly dining room or on the covered patio along the river.

### PÉPÉ GUST

J5



« Bistro. Hôtel. Montagne. »  
☎ +33 (0)4 79 08 70 74  
& +33 (0)6 07 63 03 03  
29 passage de l'église

At Pépé Gust's, share a meal at any hour, enjoy a drink, meet people, laugh, or just have an all-around good time... and you can even stay the night! Chef Axel Amiez, born and raised in Pralognan, prepares seasonal dishes made with local products. The beer is also locally brewed! Look for the bell tower, Pépé's bistro is right next door.

## Restaurants in the village

### LA VANOISE

**N4**


☎ +33(0)4 79 08 70 34  
11 chemin du Dou des Ponts  
[www.hoteldelavanoise.fr](http://www.hoteldelavanoise.fr)

After a great day outdoors, warm up next to the fireplace while enjoying a cocktail before entering the restaurant. Every meal will tantalize your taste buds with local and faraway flavors. Géraldine, Francis, and their team.

## Restaurants on the slopes

### AUBERGE DES FONTANETTES

**N1**


☎ +33(0)4 79 08 70 42  
A l'arrivée du téléski de l'Edelweiss.

At the top of the Edelweiss chairlift and at the bottom of the Génepy chairlift, on foot or on skis, enjoy a meal at the foot of the Vanoise range. Special Savoyard-themed evenings every Thursday night! Reservation required.

### LE PACHU 2000



☎ +33(0)4 79 08 72 11  
Arrivée du téléphérique  
[www.pachu2000.fr](http://www.pachu2000.fr)

At the top station of the aerial tram, on foot or on skis, Le Pachu 2000 is the ideal restaurant to enjoy the peaceful calm of the mountains with a wide choice of dishes on the menu! Observe the bearded vulture in flight from your deck chair.

### SNACK ISBA



☎ +33(0)4 79 08 72 11  
Arrivée du téléphérique

Snack bar located on Mont Bochor, next to the aerial tram top station, at 2000 meters elevation: fast food or snacks to eat here or to go! Our covered outdoor area offers a warm place to eat and enjoy the surrounding landscape in bad weather.

### LES BARMETTES



☎ +33(0)4 79 08 75 64  
Au sommet du téléski du Génepy

Near the spectacular Col de la Vanoise Pass. Breathtaking views of the valley. Come savor our regional specialties. Regale your eyes and taste buds. Access via the Le Genepy chairlift on skis or on foot or via the ski area's advanced runs!

## Mountainside restaurant

### ROC DE LA PÊCHE



☎ +33(0)4 79 08 79 75  
1911 m d'altitude  
Vallée de Chavière

Carole and Thierry, who manage the Roc de la Pêche hut, warmly welcome you to their authentic Savoyard chalet. Built in 1996 on the ruins of a former alpine pasture run by monks, it is the ideal winter location for ski mountaineers. Chamois, marmots, and ibex are our neighbors. Come relax.





## Bars, Wine cellar

### LE BAR DU BOCHOR

K5



☎ +33(0)4 79 08 76 32  
261 avenue de Chasseforêt

Open all year long, located in the village center, Pascale and her colleagues offer a wide variety of drinks to choose from and enjoy on the fantastic patio - snug and warm under a blanket or around the fire!

Sporting events on TV, lottery tickets, WiFi.

### BAR DU BOWLING

O6



☎ +33(0)4 79 08 74 88  
Espace aqualudique  
159 route du Plateau

With friends or family, this is the place to be at the end of the day and throughout the evening. Our staff invites you to enjoy a drink at the bar or in the alcoves, to play a game of pool, to bowl, or to take advantage of our always lively evening entertainment.

### LA GRANGE BAR

L5



☎ 04 79 07 63 80  
Galerie de Chasseforêt  
215 avenue de Chasseforêt  
lagrangepralognan@gmail.com

Enjoy our friendly, cozy, and modern bar where everyone has a good time. Stop by for a snack and/or drink. We offer a wide selection of beer (on tap or bottled). Attend live concerts, watch sporting events on TV, and take advantage of free WiFi. Accessible for people with limited mobility.

### LE 200 VINS & 1

K5



☎ +33(0)4 79 08 01 08  
Galerie de Chasseforêt  
221 avenue de Chasseforêt

Pralognan's wine bar, an invitation to enjoy a tasting! Peruse our extensive wine list and "appetizers menu". Sit at the all-wood designed bar, or head to the cellar to enjoy... a bit more privacy!



## Deli, snack bars, takeout

### LA CRÊPERIE DU DORON

L4



Au pied des pistes, face à l'Ecole du Ski

Savor our takeout crepes. The simple pleasures at snack time, or simply a pleasure!

Join us in front of the Ski school!

### L'ESCABEL TRAITEUR

M5



☎ +33(0)4 79 01 08 35  
70 avenue de Chasseforêt

Near the village center.

Corinne and Jean-Yves offer: daily specials, your choice of homemade meals, cold cuts, local products, homemade soup, snacks, gyro sandwiches, crepes, Belgian waffles, Savoie wines, and drinks to quench your thirst either here or to go!

### PIZZA MIA

I6



☎ +33(0)6 56 72 42 11  
Avenue de la Grande Casse

Michel welcomes you all year long! Enjoy pizzas, fries, and a cold drink to go for lunch or dinner. located in front of the Les Campanes souvenir shop, near Casino grocery store. Loyalty card: purchase 9 pizzas and get the 10th one for free!

### SOOPY SNACK

L4



**SOOPY**

☎ +33(0)4 79 41 20 79  
47 rue du Grand Couloir  
soopy.pralognan@gmail.com  
www.precisionski-rent.com

Enjoy hot local soup in between 2 descents, coffee/ hot chocolate/croissant after dropping your kids off at ski school.

In addition: PANINIS, SANDWICHES... fixed menus starting at 6.95 € in a warm, friendly, and energetic atmosphere led by Thibaut.

Free WiFi.

## Bakery

### LA MARMOTTINE

J6



☎ +33(0)4 79 08 70 88  
78 avenue de la Grande Casse

Near the village center. special breads – sliced upon request, homemade pastries, baked goods, sugary sweets (candy, cookies...) and drinks to go. Order your own custom cakes and pastries!

## Grocery stores

### CASINO SHOP

J6



☎ +33(0)4 79 08 71 85  
61 avenue de la Grande Casse

Near the center of town, with a big parking lot. Home deliveries, fondue set and stone grill rentals... Groceries, deli, butcher, cheeses, fresh produce, Casino shop services (pay with credit card from 1€). 7:30-20:00 non-stop during the season.

### SHERPA

J5



☎ +33(0)4 57 15 99 47  
400 avenue de Chasseforêt

Jean-Christophe & Quentin warmly welcome you to their SHERPA grocery store 7 days/week. Purchase regional products, bread, organic and gluten-free foods, organic fruits and vegetables, grains and cereal, rotisserie meats, cheese, and pork cold cuts.

## Local products

### LES CLARINES

J5



☎ +33(0)4 79 08 70 05  
420 avenue de Chasseforêt

A meticulous selection of locally produced distilled liquors (artisanal production), Mont Charvin salamis, cheese and honey from Pralognan, Edmée Farm, Lo Corti - organic products: beer, tea, wine. Candy and other sweets.

### LIQUORISTERIE DE LA VANOISE

J5



☎ +33(0)4 79 08 70 05  
420 avenue de Chasseforêt

Artisan distiller  
We offer you a wide selection of genepy and other liqueurs, creams, aperitifs...  
Tastings and purchase at "Les Clarines".  
Our brands Alpine Cream and Esprit de Poire are sold here exclusively.

## Gifts and souvenirs, local products

### LES CAMPANES

J6



☎ +33(0)4 79 08 74 89  
121 avenue de la Grande Casse

Sylviane welcomes you to her shop and offers a wide choice of products: gifts, souvenirs, minerals, cutlery, handcrafted goods (copper, tin...), dishes, skins... IGN maps, stamps.  
As well as regional products: Savoie wines, liqueurs, mountain honey, sweets...

### GALERIE DE LA VANOISE

J6



☎ +33(0)4 79 08 70 72  
46 avenue de la Grande Casse

Agnès & Gérard offer:  
WiFi, TV rentals, sending/receiving faxes and scans, photocopies. Photo developing, certified ID photos. Cards, posters, frames. Books (mountains, for kids). Decorations, souvenirs, stuffed animals, dishes.  
New: organic corner, artisan corner.



## Cheese shops

### CHÈVRERIE DE CHAVIÈRE

L9



☎ +33(0)4 79 00 70 84  
237 route de la Portettaz

The team at the Chavière goat farm welcomes you every day to discover the cheeses made right on the farm and to meet their goats.

Open in the morning, guided visits in the program available at the Tourist Office. Purchase cheeses at the farm or at the farmers market (Tuesday and Friday). Please leave your dogs at home.

### COOPÉRATIVE LAITIÈRE

M5



☎ +33(0)9 67 09 79 98  
48 avenue de Chasseforêt  
Immeuble Les Glières  
[www.beaufortdesmontagnes.com](http://www.beaufortdesmontagnes.com)  
Online sales

Enjoy the opportunity to discover beaufort cheese's unique and refined taste, as well as a wide range of local Savoyard goodies: tomme cheese, artisanal charcuterie, wins, honey, crozet pasta...

For your trip home we offer vacuum packing! Shop open every day during the high season.

### FROMAGERIE DU PLAN

I6



☎ +33(0)6 37 25 67 17  
145 avenue de la Grande Casse

Samantha & Pierrick, both farmers, sell the cheeses that they make: Beaufort, raclette, yogurt, tome, and a selection of other farmhouse products. It is not unusual to catch a glimpse of the cheese cellar, cheese being made, and even the herd!

## Gifts and souvenirs

### LA BOUTIQUE D'EN HAUT

L4



☎ +33(0)4 79 01 07 94  
21 rue du Grand Couloir

In the heart of the village!

Fanfan & Alain offer:

Bukowski dolls, furniture fabrics, home linens, personal care products, candles and aromas, artisanal dishes (made in France), gifts, decorations, postcards, Yogi-tea herbal teas...

### LA P'TITE BOUTIQUE DU P'TIT MT-BLANC M4



☎ +33(0)4 79 08 72 73  
5 côte du Barioz

Take a stroll to Le Barioz!

Welcome to our tea room where you will discover the P'tite Boutique: hand engraved glasses, "mountain-style" decorative objects and accessories.

Gift ideas: personalized engraved glasses!



## Beaufort - Produits de Savoie

Visite

- de la fabrication du Beaufort
- des caves d'affinage

Tous les matins à la coopérative laitière de Moûtiers

☎ 04 79 24 03 65



### Vente au détail

- Pralognan - 150m de l'Office de Tourisme

☎ 09 67 09 79 98

- Champagny - La Fruitière, place centrale

☎ 09 67 48 11 26

- Bozel - Avenue Emile Machet

☎ 09 62 62 55 30

- Moûtiers - Près de la Gare SNCF

☎ 04 79 24 03 65



**Vente en ligne :** [beaufortdesmontagnes.com](http://beaufortdesmontagnes.com)



HÔTEL-CLUB



Rénové en 2018 !

Réservez votre séjour au  
04 50 90 25 05

RUE DES 16ÈMES OLYMPIADES  
733710 PRALOGNAN-LA-VANOISE



## Artisans

### GRIS SOURIS

M4

46 avenue de la Grande Casse



Next door to the bakery, meet our 3 creative locals, Adélaïde, Paola, and Sophie in their boutique, "Gris Souris" (grey mouse)! A wide selection of enamel and fabric jewelry, decorative objects, wood and canvas paintings, pottery, ceramics, painted dishes...

### LE PETIT SAVOY'ART

C3

☎ +33(0)6 30 62 16 71  
383 rue des Darbelays  
<http://lepetitsavoyart.com>



Sophie welcomes you to her workshop where she hand paints porcelain, canvas, and stone in a modern or classical style, simple or with lots of colors, and always refined and original. She also works on order. Feel free to pay her a visit!

## Sports shops

### ALPIGLISS - SPORT 2000

M4



☎ +33(0)4 79 07 67 18  
12 avenue de Chasseforêt  
[www.alpigliiss.sport2000.fr](http://www.alpigliiss.sport2000.fr)  
[alpigliiss@skietmontagne.com](mailto:alpigliiss@skietmontagne.com)

EVERYTHING a skier needs: boots, ski equipment, clothing, and accessories. Your shop in BARIOZ, just opposite VACANCIEL. An energetic and professional team, passionate about skiing and the mountains, is here to help you.

### PRALO SPORTS INTERSPORT

K5



☎ +33(0)4 79 08 70 89  
228 avenue de Chasseforêt  
[www.intersport-pralognan.com](http://www.intersport-pralognan.com)

Aude, Maité, and their team rent the following: alpine ski equipment, snowshoes, cross-country ski gear, ski touring gear, snowscoots, yooners, baby sleds, and splitboards. Purchase ski clothing, sportswear, footwear (technical or fashionable), backpacks, winter accessories.

### FAVRE SPORTS - GO SPORT

L5



☎ +33(0)4 79 08 71 20  
160 avenue de Chasseforêt  
[www.gosportmontagne-pralognan.com](http://www.gosportmontagne-pralognan.com)

At the bottom of the aerial tram. Rentals: skis, snowboards, Nordic skiing, ski touring, snowshoes, splitboards, child trailers for snow, sleds... Sportswear, fashion, technical clothing, ski and snowboard equipment and accessories.

### LATITUDE - SKISET

K5



☎ +33(0)4 79 08 70 45  
269 avenue de Chasseforêt  
[www.pralognan.skiset.com](http://www.pralognan.skiset.com)

Ski instructor Isabelle AMIEZ, Stéphane, and the entire team welcome you to their shop opposite the Tourist Office. Rent ski, snowboard, telemark, and Nordic ski equipment, as well as snowshoes and yooners. Purchase Sorel and Timberland boots, as well as winter accessories.



## Sports shops, continued

### RÉGIS SPORTS - SKIMIUM

N5

☎ +33(0)4 79 08 72 41  
18 chemin du Dou des Ponts  
[www.regissports.fr/magasin](http://www.regissports.fr/magasin)



Since 1973, we guarantee the best services and a warm and friendly atmosphere.  
Rent/purchase: ski, snowboard, and Nordic ski equipment, as well as snowshoes, child trailers for snow, sleds, sports cameras...  
Protective gear.  
Ski and snowboard tunes.

### SKI AND MONTAGNE SPORT 2000

K5

☎ +33(0)4 79 08 71 19  
242 avenue de Chasseforêt  
[www.rolland.sport2000.fr](http://www.rolland.sport2000.fr)  
[contact@skietmontagne.com](mailto:contact@skietmontagne.com)



Since 1947, ROLLAND SPORT 2000 - SKI ET MONTAGNE has been sharing its experience and passion for every form of snow-sliding. (RENTAL AND PURCHASE). We are THE backcountry skiing/ all-mountain, ski-mountaineering, splitboard, and telemark specialists.

### SPORT VANOISE

M5

☎ +33(0)4 79 08 74 65  
122 avenue de Chasseforêt  
[www.sportvanoise.com](http://www.sportvanoise.com)



At the ski area base  
Skiing and other equipment rentals.  
FREE storage lockers  
Heated/drying storage lockers  
Receive expert advice when purchasing equipment, clothing, and accessories among a wide range of products.

### SOOPY SKI

L4

☎ +33(0)4 79 41 20 79  
47 rue du Grand Couloir  
[soopy.pralognan@gmail.com](mailto:soopy.pralognan@gmail.com)  
[www.precisionski-rent.com](http://www.precisionski-rent.com)



SOOPY PRECISION SKI is an innovative store concept at the ski area base right next to ESF ski School. Rent your snow-sliding equipment (skis, snowboards...) at competitive rates, and enjoy the shop's snack area and warm and friendly atmosphere.

### CONSIGNE À SKIS

L4

☎ +33(0)4 79 08 71 19  
47 rue du Grand Couloir



PIONEER AND INNOVATIVE SERVICE  
Gone is the pain of carrying your skis.  
Your feet will always be dry and warm.  
Rent your heated locker at the ski area base, next to ESF ski school, starting at 1.15 € per person per evening.  
Information at SPORT 2000.

## CENTRALE DE RÉSERVATION - WWW.RESA.PRALOGNAN.COM

RÉSERVATION D'HÉBERGEMENTS  
en appartement et hôtel

### SÉJOURS TOUT COMPRIS

avec forfaits de ski et activités  
à tarifs préférentiels

+33(0)4 79 08 73 22  
[reservation@sogespral.com](mailto:reservation@sogespral.com)



## Hair salon

### ANY COIFFURE

J5



☎ +33(0)4 79 01 40 37  
35 passage de l'église

Make an appointment at Any, for all standard hair care for women, men, and children: shampoos, cuts, styling, and care.

Ammonia-free coloring and perms.

Sublimo products available for purchase.

At her salon, Cathy offers wellness massages and nail care services (+33 (0)6 78 01 03 77).

### LE CASQUE D'OR

L5



☎ +33(0)4 79 08 70 48  
Galerie Chasseforêt  
211 avenue de Chasseforêt

Hair salon for men and women.

Perfume - Fantasy jewelry.

Fashion accessories, cosmetics, gifts...

Sun institute facial care.

Wella - GHD- YD Perfume reseller.

## Newsstand, bookstore

### MAISON DE LA PRESSE

L4



☎ +33(0)6 50 71 50 65  
218 avenue de Chasseforêt

Amandine & Géraldine welcome you in the heart of the village.

Newsstand, bookstore, gifts, cards... IGN maps, dolls, aromas, home linens, plaids, tee-shirts, liqueurs, sweets, and cookies, souvenir objects of the resort!

## Fashion, jewelry, & accessories

### LE COSY CORTI

L5



☎ +33(0)4 79 07 61 60  
Galerie de Chasseforêt  
213 avenue de Chasseforêt

Françoise offers casual and elegant ready-to-wear clothing, original and comfortable shoes for your feet, jewelry made in France and from abroad, and original accessories for amazing gifts or that simply catch your eye. See you soon in the Galerie du Chasseforêt shopping center!

## Follow Pralognan-la-Vanoise on social media



otpralognan



@Pralognan



PralognanTV



pralognanlavanoise



pralocommunication



## Overview

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# Services

A warm and welcoming host village! Pralognan locals have a reputation for being overly nice day-in and day-out, ensuring that their guests have everything they need. As soon as you arrive you will experience this truly warm and friendly atmosphere that has now become the resort's trademark!



## Luggage storage

K4

This service, set up by the Tourist Office, will allow you to take full advantage of your vacation in Pralognan. Hand your luggage to us:

- right when you arrive, and until you pick up the keys to your accommodations,

- if you are passing through the village,
- and also the day of your departure, for example, while waiting for your transportation...

Price per piece of luggage per day

2 €



### Où dormir en montagne ?

4 refuges autour de Pralognan accessibles en hiver :

- ▲ Refuge du Col de la Vanoise : 04 79 08 25 23 - 06 77 11 23 41 gardé de début mars à fin mai, en-dehors de la période, groupe sur réservation
- ▲ Refuge de Péclet-Polset : 04 79 08 72 13 - 06 63 68 46 92, gardé de mi-mars à mi-mai sur réservation
- ▲ Refuge du Grand Bec : 06 09 37 61 65, ouvert et non gardé
- ▲ Refuge du Plan des Gouilles : 06 08 98 19 02, ouvert et non gardé



### Cascade de Glace :

Accès à la tour de glace de Champagny.  
Toutes les infos sur le site web.



### Ski de Randonnée

Chaque saison, un nouveau programme de sortie pour une évolution en milieu montagnard,  
Toutes les infos sur le site web.



### La Transvanoise :

Course de ski alpinisme  
le dimanche 7 avril 2019  
[www.transvanoise.fr](http://www.transvanoise.fr)



### Escalade :

Cours encadrés pour les enfants et adolescents.  
Escalade en salle en autonomie pour les adultes  
Le mardi et le samedi soir à Pralognan, le jeudi soir à Bozel  
Toutes les infos sur le site web.



club alpin français  
**Vanoise-Tarentaise**

[vanoise-tarentaise@ffcam.fr](mailto:vanoise-tarentaise@ffcam.fr)  
<http://caf-vanoise-tarentaise.com>

## Services

### MÉTÉO FRANCE (WEATHER SERVICE)

MOUNTAIN FORECAST

☎ +33(0) 899 71 02 73

### FM RADIO

FRANCE BLEU PAYS DE SAVOIE



103,9 MHZ

MONTAGNE FM

97,0 MHZ

RADIO PLUS

88,7 MHZ

### MAIL

Mail pickup at the Post Office:

Mon. to Fri.: 12:00

Stamps

Poste, Altipull, Galerie de la Vanoise & Campanes.

### BANK SERVICES

LA POSTE

L5



Galerie de Chasseforêt  
203 avenue de Chasseforêt  
☎ 36 31 or 36 39  
Monday to Friday:  
08:30-12:00, 14:30-16:30.  
Western Union money transfers

CRÉDIT AGRICOLE

J5



370 avenue de Chasseforêt  
☎ +33(0)4 79 44 60 52

Open all year long  
Wednesday: 9:00 to 11:30.

### WELCOME DESKS

AQUATIC CENTER

☎ +33(0)4 79 08 74 88

O6

MAISON DE LA VANOISE

☎ +33(0)4 79 08 71 49

ALPINE NORDIC SKIING

☎ +33(0)4 79 08 70 07

SKI PASS OFFICE

☎ +33(0)4 79 08 70 07

M4

### ADMINISTRATIVE SERVICES

MAIRIE (CITY HALL)

K4



**PRALOGNAN  
LA VANOISE**  
SAVOIE - FRANCE

306 avenue de Chasseforêt  
☎ +33(0)4 79 08 71 23

Monday, Wednesday  
09:00-12:00, 15:00-18:00  
Tue.: 09:00-12:00 Thu.: 15:00-18:00  
Fri.: 09:00-12:00, 15:00-17:00  
Water services, occupancy tax...

NATIONAL FOREST SERVICE ONF

☎ +33(0)4 79 08 72 83

### LAW ENFORCEMENT

CITY POLICE

Open 8:00 to 17:00

☎ +33(0)6 13 37 59 22

## ENVIRONMENT

### Recycling

Please place your garbage in the designated bins.

Recycling bins (glass, recyclable packaging, household waste...) are in place. See page 60.

Please take other refuse (yard cuttings, batteries, oils...) to the center for waste disposal ("déchetterie").

**Déchetterie / Waste disposal** ☎ +33(0)4 79 04 21 16

Wednesday: 15:00-17:00

Tuesday, Friday: 9:00-12:00 & 15:00-17:00; Saturday: 10:00-12:00

### Toutounet

9 Toutounets plastic bag dispensers for you to clean up after your pets: in front of City Hall (Mairie), near the ranch, at the end of Le Plateau road, in front of the Maison de la Vanoise, in Les Bieux, in Le Barioz, in Les Darbelays, near the Telemark residence, in la Croix and in les Granges.

## MEDICAL SERVICES

MEDICAL OFFICE - DR FRANCOZ

M4

The medical office is next to the entrance to the aerial tram. Open every day during the season from 09:00 to 19:00.

132 avenue de Chasseforêt  
☎ +33(0)4 79 08 75 61  
☎ +33(0)6 07 18 41 96

MEDICAL OFFICE - DR MAIGNÉ

L5

In front of the pharmacy. Open every day during the season from 09:00 to 19:00.

180 avenue de Chasseforêt  
☎ +33(0)4 79 08 72 04  
☎ +33(0)6 09 35 28 92

PHARMACY MONGAULT-LÉPINE

L5

Open every day  
Mon. to Fri.: 9:00-12:30,  
14:30-19:00 Sat.: 9:30-12:30,  
16:00-19:00 Sun.: 10:00-12:00,  
17:00-19:00 (School-holiday periods: 16:00-19:00)

197 avenue de Chasseforêt  
☎ +33(0)4 79 08 71 61

PHYSICAL THERAPY OFFICE

N4

Mon. to Fri. 9h-12h, 14h-19h  
Physical therapy reimbursed by national healthcare system (France). By appt.  
Imm. Le Grand Chalet  
Appt 11  
85 avenue de la Grande Casse  
☎ +33(0)4 79 04 12 69

## EMERGENCY SERVICES

See page 36.

## PUBLIC SERVICES BUILDING

LA POSTE

L5

La Poste (the Post Office) offers online access to CAF, MSA, and CPAM services.

Users can access the websites for City Hall, monenfant.fr, Val Vanoise Tarentaise, social security/retirement, GrDF, Pole Emploi, Emploi Store and all other public service websites.

Access for free; open to everyone.

Accessible for persons with reduced mobility.



## Artisans

### THIBAUD BENOIT



☎ +33(0)6 50 57 83 49

Plastering, painting.  
Flooring and wall work.  
All types of handiwork.

### MARTIAL BLANC & FILS



☎ +33(0)670 04 04 97

Plumbing.  
Heating.  
Bathroom fittings.  
Maintenance.  
Chimney sweeping.

### MAXIME BLANC



☎ +33(0)6 76 49 39 10

Snow removal.  
Gardening.  
Wood for heating.

### FRANCK & PIERRE-OLIVIER BLOSSER



☎ +33(0)6 81 34 01 17 / +33(0)6 74 65 59 77

Plastering, painting.  
Flooring and wall work.  
Ceilings.  
Snow removal.

### LAURENT FAVRE



☎ +33(0)6 77 13 28 54  
laurent.favre73@orange.fr

Painting.  
Plastering.  
Ceilings.  
Dry wall.  
Façade renovation.  
Flooring.  
Tiling.

### NATURE BOIS PAYSAGE



Nature Wood Landscape  
☎ +33(0)6 59 29 35 62

Wood for heating.  
Snow removal.  
Forestry.  
Landscape maintenance.  
Agricultural work.



## Personalized services

### C. BLANC ARCHITECTE

M4



☎ +33(0)6 67 44 02 73  
Galerie de Chasseforêt  
209 avenue de Chasseforêt  
blanc.caroline@live.fr

State-certified architect, insured as a contractor, design and plans, construction, site management, project delivery.

### CONCEPTION ATYPIQUE



☎ 06 07 59 80 48  
364 route des Granges  
conceptionatypique@gmail.com

Interior and exterior design.  
Project creation.  
Mood Board.  
Custom planning.  
Shopping.  
Big and small concrete or brick masonry projects.

### PRIVATE CONCIERGERIE



☎ +33(0)6 50 09 39 82  
Facebook: conciergerie pralo

Sit back, relax, I'll take care of everything!

### ALP' LAVERIE

J5

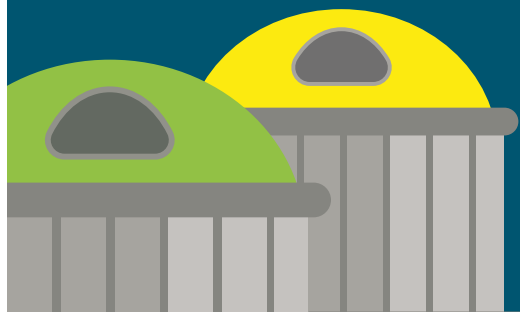


☎ +33(0)4 79 08 76 50  
384 avenue de Chasseforêt

Laundromat open 7 days per week, from 07:00 to 22:00: three 8kg washing machines (detergent included) – 2 drers.  
Laundry services: sheets, towels, comforters, blankets.  
Dry cleaning: clothes, leathers, rugs...  
Rent all linens: sheets, duvet covers, towels.

# En vacances à Pralognan-la-Vanoise je trie mes déchets

*I separate my rubbish even on holidays !*



## QUELQUES ECO GESTES EN VACANCES

- ✓ Je privilégie la vaisselle réutilisable pour les pique-niques.
- ✓ J'évite le gaspillage alimentaire.
- ✓ Je choisis des produits avec moins d'emballages.
- ✓ J'évite le gaspillage papier.

## Pour recycler, je trie, j'agis !

*Recycling : I do my part !*



VERRE RECYCLABLE  
RECYCLABLE GLASS



EMBALLAGES RECYCLABLES  
RECYCLABLE PACKAGING



ORDURES MÉNAGÈRES ( EN SACS FERMÉS )  
/ HOUSEHOLD WASTE ( IN SEALED BAGS )



## Plan des points d'apport volontaire à Pralognan-la-Vanoise



Pour toute information,  
n'hésitez pas à nous contacter :

04.79.55.03.34  
WWW.VALVANOISE.FR





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# Transportation

For Pralognan-la-Vanoise, being nestled at the upper end of a mountain valley is a genuine advantage, offering visitors the chance to enjoy a privileged, cozy, and well-preserved all-natural destination. Nevertheless, the resort is far from isolated, offering easy access whatever the mode of transportation.

Concerned with protecting and preserving the surrounding environment, Pralognan-la-Vanoise places an emphasis on developing the greenest possible forms of transportation, whether ski-bus shuttles for moving about within the resort, or transfers by bus from the nearest SNCF train stations or airports.



## ■ SNOW-COVERED VILLAGE

You have probably noticed that we leave the roads covered in snow. We do this on purpose to preserve the beauty and peacefulness of our mountain village as well as the water quality of our rivers.

Salt is only used on extremely icy sections, sometimes combined with gravel to limit as much as possible the use of salt.

## ■ PARKING

### Village center

Parking is regulated from December 22, 2018, through April 14, 2019. Parking is prohibited at the Place de la Mairie (in front of City Hall) on Tuesday and Friday (during the farmers market).

The village center is a "blue zone". Parking is free for a maximum duration of 4 hours as long as a parking disk (European standards) is on the dashboard.

Free from 12:00 to 14:00.

Purchase a disk for 3€ at the Tourist Office, in the tobacco shop, or at the newsstand.

### Bouquetin parking lot

A short walk from the main street and the ski lifts. Free parking.

### Campervans/RVs

Alpes Lodge offers spots for your campervan/RV.

Parking at the Bouquetin parking lot is limited by city ordinance to 24 hours maximum.



## TRAIL STATUS

Discover "fresh" information: weather, hours, opening/closure, webcams... on our website [www.pralognan.com](http://www.pralognan.com) optimized for Iphone and Android.

## "POWDER ALERT"

Each morning, receive on your smartphone lift and trails status, entertainment... Subscribe on our website [www.pralognan.com](http://www.pralognan.com) on the weather page.

## ■ ROAD INFORMATION

For all road information (traffic, construction...):

☎ 0 820 207 309 ou sur [www.savoieroute.com](http://www.savoieroute.com)

## ■ GARAGE RENTAL

Agence Vanoise Immobilier ☎ +33(0)4 79 08 73 94 (M5)

## ■ AUTO MECHANIC - GAS STATION

Garage de la Rossa (see page 64)

## ■ TAXIS

For transfers to and from the train station as well as transportation within the village or between ski areas.

See phone numbers and details page 64.

**Jali Taxi**

**Odette Rolland taxi**

**Apollo Taxi**

**Alp Pralo Taxi**

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PRALOGNAN-LA-VANOISE SKIBUS TIMETABLE

This free shuttle operates Sunday through Friday (from December 23, 2018, through April 12, 2019).

LINE A							
Centre	8:55	9:55		11:55	12:55	13:55	16:55 17:55
Poucet		8:57	9:57		11:57	12:57 13:57	16:57 17:57
La Croix	8:00	9:00	10:00		12:00	13:00 14:00	17:00 18:00
Les Granges	8:04	9:04	10:04		12:04	13:04 14:04	17:04 18:04
Les Airelles	8:08	9:08	10:08		12:08	13:08 14:08	17:08 18:08
Hauts des Darbelays	8:09	9:09	10:09		12:09	13:09 14:09	17:09 18:09
Pont du Va	8:10	9:10	10:10		12:10	13:10 14:10	17:10 18:10
Le Plan	8:12	9:12	10:12		12:12	13:12 14:12	17:12 18:12
Espace Aqualudique	8:14	9:14	10:14		12:14	13:14 14:14	17:14 18:14
Centre	8:15	9:15	10:15		12:15	13:15 14:15	17:15 18:15

LINE B							
Centre	8:25	9:25	10:25	11:25	12:25	13:25	14:25 17:25
Pont du Va	8:27	9:27	10:27	11:27	12:27	13:27	14:27 17:27
Parking du Bouquetin	8:28	9:28	10:28	11:28	12:28	13:28	14:28 17:28
Hauts des Darbelays	8:30	9:30	10:30	11:30	12:30	13:30	14:30 17:30
Les Airelles	8:38	9:38	10:38	11:38	12:38	13:38	14:38 17:38
Pont du Va	8:40	9:40	10:40	11:40	12:40	13:40	14:40 17:40
Espace Aqualudique	8:44	9:44	10:44	11:44	12:44	13:44	14:44 17:44
Centre	8:45	9:45	10:45	11:45	12:45	13:45	14:45 17:45

PRALOGNAN-LA-VANOISE ↔ CHAMPAGNY-EN-VANOISE TIMETABLE SKIBUS

This shuttle runs\* Tuesday through Thursday on school holiday periods and Tuesdays and Thursdays the other weeks.

Avenue de Chasseforêt	9:00	Champagny-en-Vanoise	17:00
Pont du Va	9:02	Scierie	17:23
Les Airelles	9:05	Les Airelles	17:25
Scierie	9:07	Pont du Va	17:28
Champagny-en-Vanoise	9:30	Avenue de Chasseforêt	17:30

\*For La Plagne skipass holders only

2 ROUTES

To optimize ski-bus utilization and for greater convenience, the timetable may change during the season (verify timetable posted at each stop).

	from 10/02/19 to 8/03/19 only
	from 23/12/18 to 8/02/19 & from 10/03/19 to 12/04/19

GRAND SKI PACKAGE

One Pralognan-Champagny roundtrip for free for all 6-days or more GRAND SKI pass holders.

# Train

## SNCF INFORMATION

The Moutiers-Salins SNCF train station has automatic ticket purchasing machines. You can also reserve your tickets by calling 3635 or online at [www.oui.sncf](http://www.oui.sncf)

## SHUTTLE TO SNCF TRAIN STATION (TRANSDEV) TIMETABLE FROM DECEMBER 22, 2018 TO APRIL 14, 2019

MOÛTIERS - PRALOGNAN-LA-VANOISE									
Moutiers Gare SNCF	Pralognan- la-Vanoise	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Dates when operating
6:15	7:30	x							3/03 & 10/03
6:30	7:45	x							22/12-30/03
10:30	11:45	x							23/02-9/03
11:30	12:45	x	x	x	x	x	x	x	22/12-14/04
12:30	13:45	x							09/02-2/03
13:30	14:45	x	x	x	x	x*	x	x	22/12-14/04 + * 26/12, 2/01, 20-27/02
14:00	15:15				x				9/01-13/02 & 6/03-10/04
14:30	15:45	x							22/12-30/03
15:00	16:15	x		x*					23/12-14/04 + *25/12, 1/01
15:30	16:45	x							22/12-13/04
16:30	17:45	x							22, 29/12 & 9/02-2/03
17:00	18:15	x		x*					23/12-14/04 + *25/12, 1/01
17:20	18:35	x							22/12-30/03
18:00	19:15	x*					x		8/02-8/03 + *6/04
19:00	20:15	x							23/02 & 2/03
20:30	21:45						x		28/12, 4/01 & 8/02-1/03
23:10	00:05						x	x	27/12-4/01 & 7/02-8/03

\* Reserve 7 days in advance & rates double.

On January 17, 2019 Vacanciel and Pont du Va stops are not available. The bus line is only accessible on Saturday for people with reduced mobility. Reservation must be made on Thursday before 17:00 by calling +33 (0) 70 83 90 73

## STOPS

Near Vacanciel (rue du Doron) terminus  
Pont du Va / Parking du Bouquetin / Les Airelles  
Les Granges / La Scierie

PRALOGNAN-LA-VANOISE - MOÛTIERS									
Pralognan- la-Vanoise	Moutiers Gare SNCF	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Dates when operating
7:45	9:00	x	x*						22/12-6/04 & *30/12-7/04
9:00	10:15	x	x*						29/12-30/03 & *17/02-10/03
11:30	12:45	x							29/12-6/04
13:00	14:15			x	x	x	x	x	24/12-12/04
13:15	14:30	x	x						22/12-14/04
14:50	16:05	x	x	x	x	x*	x	x	22/12-14/04 + *26/12, 2/01, 20-27/02
15:30	16:45				x				9/01-13/02 & 6/03-10/04
16:00	17:15	x							22/12-30/03
16:30	17:45	x		x*					23/12-14/04 + *25/12 & 1/01
17:30	18:45	x							22/12-13/04
18:20	19:35	x	x*						23/12-14/04 + *25/12 & 1/01

## RESERVATIONS AND TARIFS

Make a reservation at the Tourist Office or by calling +33 (0) 9 70 83 90 73, or on [www.mobisavoie.fr](http://www.mobisavoie.fr)

	UNDER 26 YEARS OLD		ADULT	
	One-way	Round trip	One-way	Round trip
Moûtiers	10.00 €	20.00 €	13.40 €	22.70 €
Champagny	3.00 €	6.00 €	4.00 €	6.80 €

# Plane travel

## TRANSFERS TO THE LYON, GENEVA, AND CHAMBERY AIRPORTS

Leaving from Pralognan-la-Vanoise, there are regularly scheduled transfers to the 3 airports. For more information go to the Tourist Office or go online to [www.altibus.com](http://www.altibus.com) or +33 (0) 820 205 330.

Schedule until April 15, 2018	Every day except Sat.	Every day except Sat.	Every day	Saturday	Saturday	Sunday	Saturday
Pralognan	7:30*	10:55	14:45	6:30	8:30	16:15	16:40
Geneva airport	10:40	14:25	18:00	9:40	12:10	19:50	19:50

Adult: 95.00 € / 4-12 yo: 50.00 €

\*December 25, 2017: only this time

Schedule until March 31, 2019 *April 6, 2019	Fri.	Sat.*	Sat.*	Sat.*	Sun.	Sun.
Pralognan	5:50	4:00	8:45	13:15	4:45	9:15
Lyon airport	9:20	7:30	12:30	17:30	8:15	13:30

Adult: 62.00 € / 13-25 yo: 47.00 € / 4-12 yo: 31.00 € / -4 yo: free

Schedule from December 29, 2018 until March 23, 2019	Sat.	Sat.	Sat.	Sun.
Pralognan	5:05	7:45	11:30	7:15
Chambéry airport	8:00	11:45	14:25	10:00

One rate: 39.00 €



## Taxis, auto mechanic

### JALI TAXI



☎ +33(0)6 98 01 50 22

Train stations – Airports (option for groups).  
Assistance.  
Hiking drop offs/pickups.  
Ski outings.  
Luggage transfers.  
Medical transport services.

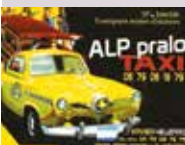
### APOLLO TAXI



☎ +33(0)6 33 94 07 22

Up to 8 people  
Transfers between Moûtiers train station and Pralognan, and other train stations and airports.  
Hiking drop-offs/pickups - Ski outings - Luggage transfers.  
Medical transport.

### ALP PRALO TAXI



☎ +33(0)6 79 06 19 79

Train station, airports, inter-resort transfers.  
Certified for medical transport services.  
Any distance.  
Day and nighttime outings.

### ODETTE ROLLAND



☎ +33(0)4 79 08 70 10

All day long  
Train stations – Airports  
Medical transport  
Ski outings  
Luggage transfers  
4 people max.

## Auto mechanic / Gas station

### GARAGE DE LA ROSSA

E8



☎ +33(0)4 79 08 73 28  
457 avenue de la Grande Casse

Hours: Monday-Saturday, 07:00-12:00, 14:00-18:30.  
Towing 24/7.  
Mechanical repairs for all car brands, front wheel alignment, multi-brand diagnostic tools, oil changes, tires... Chains for sale.  
Engine carbon cleans with hydrogen.  
Gas station 24 hours a day.

# LOCATION

Ski - Rental



# SKIS - SURFS

Consigne gratuite au pied des pistes

**Centre village station**

**Residence les Mélézes**  
**73710 Pralognan la Vanoise**

**E-mail : [sportvanoise@wanadoo.fr](mailto:sportvanoise@wanadoo.fr)**

**CONSIGNE GRATUITE**  
**au pied des pistes**



**Réservation en ligne sur : [www.sportvanoise.com](http://www.sportvanoise.com)**

**Tel : 04 79 08 74 65 Fax : 04 79 07 76 13**



# SOOPY



## PRECISION SKI

### Location

**Skis-Surfs-Raquettes**  
**Gardiennage Gratuit**  
du Matériel Loué

# SNACK

# Skishop

**Au pied des pistes - A côté de l'ESF**

**04.79.41.20.79**  
**[soopy.pralognan@gmail.com](mailto:soopy.pralognan@gmail.com)**