



CHÂTEL

My family and me!



châtel
Portes du Soleil

Full year 2018

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“ Daddy, mummy,
Châtel and me,
a family
experience ”



The famille plus *award*



“MUMMY, what’s the Famille Plus award?”

The entire resort is committed and totally dedicated to providing the very best of the mountains for families and children.

In hospitality, accommodation, services, events and innovations, everyone works hard to ensure that your holiday reaches the level of excellence! Providing you with better service is everyone’s business!

And Châtel sets the standard extremely high! The charter is displayed by the service providers concerned and in Châtel Tourisme.

If you have any suggestions or remarks:

› Fill in the questionnaire available from Châtel Tourisme or on www.chatelenfamille.com.

INFORMATION:

› Châtel Tourisme

Tel. 33 (0)4 50 73 22 44

www.chatel.com

THE *benefits*

Accommodation

- › Ranking and / or other labels.
- › Enclosed space to store: strollers, bikes, skis...
- › Available or to rent: cots and children beds.
- › Equipment child: baby bottle to warm (or microwave), baths “baby”, high chairs, walkie-talkie...
- › Available: at least one connecting bedroom and / or family room.
- › Available: games, interior and / or exterior.
- › Available: a list of doctors, pharmacies and emergency services.
- › Special prices for families with discount for children, gestures of welcome...

Restaurants

- › Special menu “children” until 12 years old: simple or option daily menu, ½ serving, ½ price with regional specialties.
- › Service at table: priority for children.
- › Gestures of welcome to make them wait (set table, books, games...).
- › Local or place to store strollers.



**THEY HAVE
the Award too**

› Camp Site Winter
caravanning l’Oustalet****

Tel. 33 (0)4 50 73 21 97

› Hotel - Restaurant Macchi****

Tel. 33 (0)4 50 73 24 12

› Gîte le P’tit Cornillon

Tel. 33 (0)4 50 81 35 49

› Hotel - Restaurant
la Perdrix Blanche***

Tel. 33 (0)4 50 73 22 76

› Hotel - Restaurant le Schuss****

Tel. 33 (0)4 50 73 24 53

› Hotel - Restaurant le Roitelet**

Tel. 33 (0)4 50 73 24 79

› Tourism Residence CGH
Les Chalets d’Angèle****

Tel. 33 (0)4 50 33 10 96

› Hotel Artes les Combelles**

Tel. 33 (0)3 28 04 54 54

› Hotel - Restaurant

Le Kandahar***

Tel. 33 (0)4 50 73 30 60

› Hotel - Restaurant l’Escale

Tel. 33 (0)4 50 73 64 38

› Residence Odalys****

Les Fermes de Châtel

Tel. 33 (0)4 50 17 15 50

chatelenfamille.com

A village for families



A TRADITION of hospitality...

For your initial contact with us, inside Châtel Tourisme: **a children's area with child-sized furniture, books, comic strips and games:** while their parents are finding things out at the reception, the children can have fun!

INFORMATION:

› Châtel Tourisme

Tel. 33 (0)4 50 73 22 44

www.chatel.com

› Ski lift company (SAEM)

Tel. 33 (0)4 50 73 34 24

www.chatel.com

› Town hall

Tel. 33 (0)4 50 73 23 98

www.mairiedechatel.fr



There are also special family points providing facilities for families in the village:



Toilets

Suitable for children and baby-change facilities:

- › At the tourist office
- › Opposite Châtel Tourisme, route des Freinets
- › By the entrance to the underground car park in Place de l'église
- › At the Pierre Longue ticket office in Pré-la-Joux
- › At the Super Châtel gondola lift station
- › In Plaine Dranse
- › At the Lake Vonnes
- › At the Barbossine ski lift ticket office
- › At the Linga ticket office

Shops

Selling baby goods and accessories:

- › **Pharmacy**
Tel. 33 (0)4 50 73 20 03
- › **Sherpa**
Tel. 33 (0)4 50 73 21 54

Picnic rooms on the pistes

- › Top station of Super-Châtel gondola lift,
- › Hamlet of Plaine Dranse,
- › Top station of the Linga cable-car, picnic room like a bungalow with 2 toilets and disabled toilets.

Ski box hire

Ski lockers at the bottom of the pistes, saving you from having to carry your ski equipment:

- › **Super-Châtel: at the ticket office**
Tel. 33 (0)4 50 73 20 25
- › **Linga: Linga Ski Shop**
Tel. 33 (0)4 50 81 04 21
- › **Vonnes: at the ticket office**
Tel. 33 (0)4 50 81 37 39

EMERGENCY services

Medicine

› Dr Dresco

Tel. 33 (0)4 50 73 30 00

› Dr Chapelle

Tel. 33 (0)4 50 73 32 01

Hospitals

› Thonon-les-Bains

Tel. 33 (0)4 50 83 20 00

› Monthey (Switzerland)

Tel. +41 24 473 17 31

› Geneva

(Switzerland)

Tel. +41 22 372 33 11

Ambulance (SAMU)

› 15

Fire

› 18

European Emergency Number

› 112





PAINT IT!

- > Workshop with drawing on wooden boards using a stencil to paint a mountain scene (3-6 yrs).
- > Wooden objects workshop (4-8 yrs).
- > Workshop for making things out of clothes pegs (8-12 yrs).
- > Key chains Workshop (8-12 yrs).

Registration at the club: €5, equipment provided. La Châteline room. On Wednesdays from 10am to 11.30am. During school holidays. Dates available at Châtel Tourisme.

THROUGHOUT THE SEASON, *the village of Châtel offers:*

Baby goods hire

Jogging stroller & baby carrier

> Béchigne Sports SkiSet

Tel. 33 (0)4 50 73 61 17

> Charles Sports - Skiset

Tel. 33 (0)4 50 73 24 37

> Intersport

Tel. 33 (0)4 50 73 20 56

Baby carrier

> Marc Mésièrre - Centre

Tel. 33 (0)4 50 73 30 80

> Mountain Ride - C. Mésièrre

Tel. 33 (0)4 50 73 58 58

> Richard Sports Bis

Tel. 33 (0)4 50 73 36 69

> Vertical Horizons

Tel. 33 (0)4 50 73 38 91

Highchair & baby cot

> Vert'Pom

Tel. 33 (0)9 67 34 83 05

- > activities especially designed for children, on their own or with their parents
- > ski passes with special prices for beginners
- > winter and summer events, listed every week in the what's on programme

Châtel Games! A family play!

Come on the church square for some family time, among friends, with giant wooden games, plus a fun play area for children under 6 (foam pit, Lego®, etc.), Tuesday from 3.30pm to 5.30pm, every week during the summer season and during school half-term periods in winter.

And don't forget the welcome drink in the village centre (it's on Mondays, from 5.30pm in winter and from 6pm in summer).

Aquatic Center Forme d'O

Specific plannings: Swim tots from 6 months and over. Swimming lessons "Kids Moms" for 4/6 years and "Kids Ludi" from 6 yrs old.

- > Swimming lessons
- > Fun events to discover the center with your family...

Prices:

- > Special package for families (4 tickets with 2 adults max.)..... €26
- > Ludiboo price:
for 3 - 16 yrs €21 per week

INFORMATION:

> Forme d'O

Tel. 33 (0)4 50 72 04 31

WEATHER FORECAST

- > Chamonix
Tel. 33 (0)8 99 71 02 74
- > Geneva
Tel. +41 848 800 162



**Radio Châtel
RTL2**

Radio Portes du Soleil
in Châtel on 98.8 FM

- > Tel. 33 (0)4 50 73 23 12

Family *snowsports*



300 PISTES *for all levels*

Châtel enjoys a very favourable location in the Portes du Soleil ski area (12 linked resorts!)

Châtel with the ski area Espace Liberté offers great skiing: 61 ski lifts with Super-Châtel / Linga ski areas linked by 2 chairlifts at Vonnes Lake.

For children, this year, a new beginners area with the construction of the "Les Douaniers" drag lift. It will be included in the Châtel Liberté ski pass. It will be on the slope next to the "Les Contrebandiers" drag lift and the res-

taurant at the top of "Tronchet" chair lift from Torgon.

INFORMATION:

- **Châtel Tourisme**
Tel. 33 (0)4 50 73 22 44
www.chatel.com
- **Ski lift company (SAEM)**
Tel. 33 (0)4 50 73 34 24
www.chatel.com

SPECIAL SNOWSPORTS *offers*

Family skiing

Reductions of 10% on the individual price.

"Family gang" prices apply when purchasing at least 4 Châtel ski passes at the same time, including one Child's or Junior pass of the same duration and same period of validity! Family/tribe: parents/children; grandparents/grandchildren; extended families or step-parent families.



Ski for free!

In Châtel **the ski lifts are free for children aged under 5**, and access to the cross-country ski area (cross country skiing, pedestrian, snow shoes) is also free for everyone. Great for beginners! Châtel has thought of you, offering beginners reduced rates.

At Christmas and Easter!

Children ski for free.

One ski pass for under 12 years free with each adult ski pass purchased (Châtel or Portes du Soleil). Offer applies from 23rd to 30th December 2017 (for ski passes valid for 6 days) and from 31st March 2018 (for ski passes valid for 3 days and more).

www.chatelreservation.com

The Châtel liberté **6X5 HOURS SKI PASS**

This is the perfect option for skiers who prefer to ski for just half a day, starting whenever they want, with 5 consecutive hours of skiing in the Châtel ski area on 6 consecutive days.



The device PARK LIVE on the Super Châtel Smoothpark

Some cameras are positioned on the modules and film your best grabs! Upload them and share them on the major social networks with WIFI!



SNOWSPORTS *for kids*



The Purple Piste

During the school holidays the Milka cow can be found on the Purple Piste every Sunday, Monday and Friday. You might find she's giving out chocolates... And she even provides a tasty treat between 4 and 5pm at the bottom of the slopes at Pré-la-Joux (Sunday) and Linga (Monday)! (See the weekly what's on programme).

Sledging

3 sledging runs, for sledging fun in complete safety.

- A secured sledging run on the nordic trail "Sous Vannes" accessible by foot from the center of the village. Access free.
- The Super-Châtel run is a 5 to 10-minute walk (or a slide for kids with their parents' pulling!) along the winter walking trail at the top of the gondola lift (gondola fee payable).
- Also, there are two sledging runs at Pré-la-Joux: one for children aged 2 to 6 and the other for children aged 6 and over. They are opposite the Pré-la-Joux chairlift in the forest. A fun themed trail for all the family complements this sledging area. Food is available nearby, as public toilets at the Pierre Longue and Pré-la-Joux ticket offices.

Introduction to biathlon

The 2nd January 2018 and every Tuesday between 6.30pm and 8.30pm, from 13th February to 6th March 2018, the ESF ski teachers and the staff from Foyer Nordique de Abondance Valley offer you an introduction to biathlon at the ice rink at Vonnes. Advance booking at ESF. Free of charge. From 7 years old.

Châtel is really going for it - you'll be amazed!

The Smoothpark in Super-Châtel is for beginners and also the experienced free-stylers with the 800m boardercross course and slopestyle course (a fun series of jumps and slides).

How do you get there? Coming out of the Super-Châtel gondola, by the Les Bossons or the Les Coqs ski lifts. Wearing a helmet is strongly advised. There is a complete system of signs to enable you to enjoy the parks to the full in complete safety, so please follow the instructions.

At Pré-la-Joux beginners ski area

A carpet lift for beginners who can learn skiing with smooth and fun.



FUN ZONE

Inside a safe area 250 metres long (next to the Lac blue piste in the Super-Châtel ski area), on your own or with a ski instructor, take a run up, go as fast as you can and check out the display showing your speed. It's not only great fun, it also shows you that you need to control your speed on the piste, where you're never really alone!


Learning snowsports



AN AMAZING *place!*

The ski nurseries are especially designed and equipped for children: heated and well equipped reception chalets, rope tows and ski tows, and specially trained instructors. Group sizes vary depending on the school and child's age, and they always learn at a suitable pace.

The Club Piou Piou Village des Marmottons


 For 3 to 4-year-olds there are early learning activities and a 1-hour introduction to skiing, and the rest of the half day is taken up with craft activities and games. For 4 to 6-year-olds there are 2h30 sessions to suit the children, from beginners to those preparing for the "Ourson" level.

Children are looked after from Sunday to Friday for half-day (morning or afternoon) and full-day sessions, with or without lunch.

› Tel. 33 (0)4 50 73 22 64

www.esf-chatel.com

École ski Academy

 The whole family can learn at their own pace within a same ski lesson during 2h30, 3h, 4h or 1 day.

› Tel. 33 (0)6 81 66 52 80

www.ecoleskiacademy.com

Le Jardin des Pitchounes



This winter school is for children aged 3 to 6, introducing them to the pleasures of skiing in complete safety. The 3 years old children are framed for fun activities in front of snow without skis.

For your children an introduction to skiing in little groups in the form of fun games, in halfday (morning or afternoon) with or without lunch or full-day sessions with or without lunch. Everything is included, also snack and test session (except medals).

The site is equipped with two snow-makers and a floodlit piste. On Thursday evenings during the school holidays children can take part in a Chinese-lantern descent.

› Tel. 33 (0)4 50 81 32 51

www.chatelsensations.com

THE 7 MISTAKES GAME

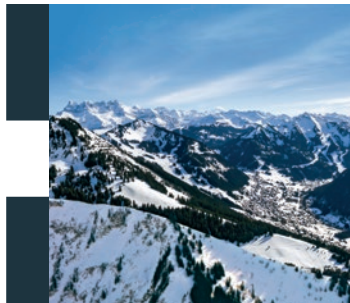


Solution:
ear,
colour of the cape,
belt,
colour of the wristbands,
letter on the chest,
shoes,
end of the cape.

Schools that stand out from the crowd

All of the snowsports schools offer group and individual lessons and courses for all levels and ages. Learn and improve while having fun!

You're on holiday after all!



NORDIC SKI AREA

Abondance Valley

Nordic ski

Discover the Abondance Valley nordic ski area which comprises 40km of trails. Come to the nordic reception facility set up near the bottom station of the Panthiaz gondola lift in La Chapelle d'Abondance.

It provides a reception service and information about organisation and events on the nordic area.

It also provides a place for resting and picnic, a self-service brochure stand as well as a refreshment bar, serving hot drinks and snacks.

The Super-Châtel circuit is acting as a backup site in the case of a severe shortage of snow.

Biathlon

Biathlon is also available with the main permanent stadium collected in La Chapelle d'Abondance, at La Panthiaz. Supervision is provided by a qualified ESF instructor.

A second and mobile stadium (is moving from site to site during the season), in Châtel (Place de l'Église), in La Chapelle d'Abondance village and on the Plaine d'Auffaz circuit in Abondance. This place is open for laser rifle shooting at a range of 50m for beginners.

INFORMATION:

› École du Ski Français

Tel. 33 (0)4 50 73 22 64

www.esf-chatel.com

› École de Ski Pro Skiing

Tel. 33 (0)4 50 73 31 92

www.esichatel.com

› École de Ski Châtel Sensations

Tel. 33 (0)4 50 81 32 51

www.chatelsensations.com

› École Ski Academy

Tel. 33 (0)6 81 66 52 80

www.ecoleskiacademy.com

› École de glisse SnowRide

Tel. 33 (0)6 08 33 76 51

snowridechatel@aol.com



YOU CAN SKI

Learn to ski this winter in the Portes du Soleil with the YOU CAN SKI deal!

Now it's your turn to explore the marvellous snowy panoramas at the heart of the Portes du Soleil's fabulous ski area!

Exclusively for adults, youcanski is the first all-inclusive ski pack for beginners. It's the hassle-free way to go!

› Make progress on slopes reserved exclusively for you, offering total security and ensuring that your first experience of skiing is an enjoyable one.

› Three different offers are available to make you discover the pleasure of sliding. Simply choose which course is best for you:

› 3 days: €199 or 6 days: €299. On sale in advance and online only.

› www.esf-chatel.com

chatelenfamille.com

The mountains *in complete safety*



A FEW *tips*



I control my speed and my direction especially when I cross an other slope.



At a crossing slopes, **I check visually up-hill and down** to not obstruct the other skiers.



I do not stop in the middle of the slope but on a side and a place where the other skiers can see me.

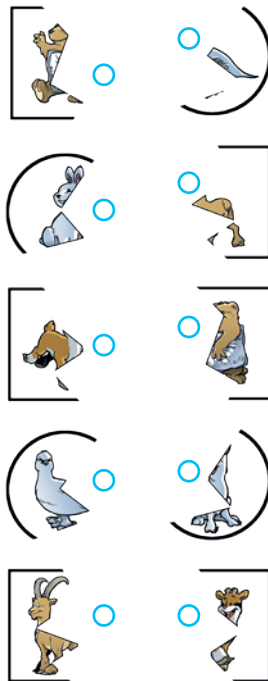


I respect indications on the slopes "crossing", "slow down", and I remain on the marked slopes.



I do not forget my helmet.

JIGSAW PUZZLE



CLOSE PROTECTION...

In the mountains, wear sunglasses and don't forget a hat and sun cream because the sun is a friend that will sometimes hit you a bit too hard!

Also take warm clothes with you in your rucksack because the temperature can change very suddenly.



The *childcare*



NURSERY LES MOUFLETS: *from 2 months and half!*

Open all year round, the nursery takes children aged 2 months and half to 4 years (up to date of 4th birthday). Les Moufflets is a 300m² nursery specially equipped for the well-being and comfort of younger children. Meals and snacks are prepared daily at the nursery.

The nursery also regularly organises special events: birthdays, Christmas, Easter, carnival, etc.

Opening:

- › In winter it is open daily from 8am to 7pm and takes children by half day (9am-1pm, 11am-5pm or 1-5pm) or full-day (9am-5pm). 6-half-day and 6-full-day packages are also available. Booking is strongly advised.
- › In summer, from Monday to Friday, from 8.30am to 6.30pm.



INFORMATION:

- › **Nursery les Moufflets**
Tel. 33 (0)4 50 81 38 19
lesmoufflets74@orange.fr

THE CLUB DES PETITS MONTAGNARDS

The town of Châtel opened a Home Entertainment without accommodation for children 4-14 years during school holiday periods.

Supervision is provided by graduates who enliven various activities.

INFORMATION:

- › **Town hall**
Tel. 33 (0)6 45 64 39 09
enfance@mairiedechatel.fr

A PROGRAMME OF ACTIVITIES *for each age group:*

- › 4 to 6 months: early learning games and discovery activities, sleep and meal times to suit each child.
- › 6 to 18 months: psychomotility, early learning games, sensory and visual stimulation, indoor and outdoor activities regarding weather conditions.
- › 18 months to 4 years: educational games, themed weeks, cookery, music, hobbycraft, indoor and outdoor activities regarding weather conditions.

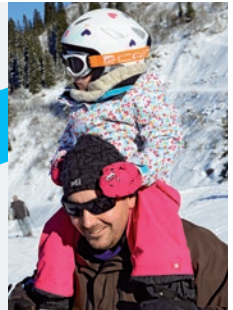
SKIING
+ *nursery*

**Children from 4 to 8 years
who are in skis lessons
in the morning can be
supervised all the day.**

From Sunday to Friday. Shuttle with an escort from Pré-la-Joux at 11am, meal in the village center at Maison Châtelane, then afternoon activities at the Club des Petits montagnards.

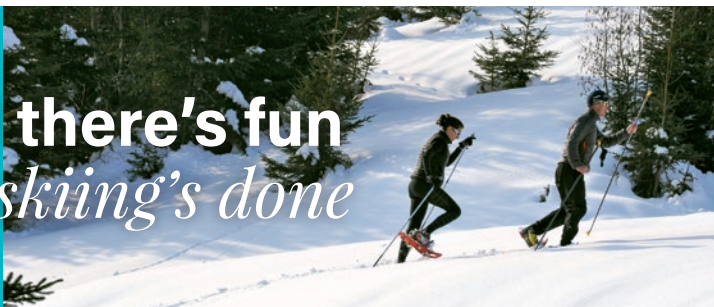
BOOKINGS:

- › **ESF, École de Ski Châtel
Sensations (p.9)
and town hall**
Tel. 33 (0)6 45 64 39 09
www.mairiedechatel.fr
(file to download)



chatelenfamille.com

In Châtel there's fun *when the skiing's done*



IT'S ALL HAPPENING, *with so much going on!*

› **Snowshoeing trips...**
Following animal tracks...
shhh!

› **Night skiing and
torchlight descents...**
Lovely hot chocolate,
mmm!

› **The little train** will take
you on a tour to explore
the village.

› **3 movies per day** at the 2
cinemas in Châtel with the
latest digital technology.

› **The Chinese-lantern
descent** with Jardin des
Pitchounes at Linga,
every Thursday evenings
during the school holidays
children.

INFORMATION:
› **École de Ski Châtel
Sensations**
Tel. 33 (0)4 50 81 32 51

› **And not forgetting the
children's shows** every
Thursday during the winter
and summer season and
the street entertainment!

IT'S EVEN BETTER *if the raindrops fall...*

› **Go to Forme d'O, the aquatic center**, these drops there,
we prefer them!

› **A tasty treat at the farm** to know about the authentic
mountain life.

› **Discover or rediscover the Old Customs** with its
exhibitions and a treasure hunt to captivate children.

› **An animated film in the afternoon** at the cinema in 2000
Morclan.

› **The games in indoor** on Tuesday afternoon during the
school holidays.

› **A bowling part** to have fun together.

› **"The marry-go-round is our favourite"** every day in the
village center

› **Special children area** at Châtel Tourisme so that they can
play while they're waiting.



SEE THE PROGRAMME

List is not exhaustive, more
details available from the re-
ception staff or in the weekly
what's on programme.



Out and about in Châtel



L'ÉTERLOU, *themed trail*

This is a fun educational trail on the subject of the environment and the animal and plant life in our mountains. Follow this looped trail, situated in Pré-la-Joux next to the sledging runs, and a dozen panels will guide you around, helping all the family to answer a variety of questions.

ON FOOT *or on snowshoes*

A different approach to the mountains with the family

Every week a full programme of accompanied trips is offered by the resort professionals. You can also opt to explore independently. A guide to the snow-shoeing and winter walking trails in the Abondance Valley and Morgins (more than 80km of waymarked paths) is available from Châtel Tourisme (€2). Information on which paths are open and closed is available from Châtel Tourisme.

INFORMATION:

› **École du Ski Français**

Tel. 33 (0)4 50 73 22 64

www.esf-chatel.com

› **École de Ski Pro Skiing**

Tel. 33 (0)4 50 73 31 92

www.esichatel.com

› **École de Ski Châtel Sensations**

Tel. 33 (0)4 50 81 32 51

www.chatelsensations.com

› **Intersport**

Tel. 33 (0)4 50 73 20 56

www.intersport-chatel.com

› **Marc Mésière - Centre**

Tel. 33 (0)4 50 73 30 80

www.twinner-chatel-centre.fr

THE MAKING *of Abondance cheese*

Each week in winter, with your family meet the farmers in a farm into the village to discover the making of Abondance cheese and tasting it. Every Thursday morning. On booking to Châtel Tourisme.



THE OLD *Customs House*

A discovery centre illustrating the role of smuggling in the mountains

For family: with a special brochure, follow the tracks of "Victor the smuggler". From 7 years.

› **The Old Customs House**

Tel. 33 (0)4 50 71 75 11

A great place in summer



TRAILS WITH STROLLERS

Some trails are suitable for use with an off-road child buggy during the summer, such as the Lake Vannes, Birds and Sous le Va trails, along the River Dranse...

More information from Châtel Tourisme.



NATURE *discovery activities*

Follow the guide or your inspiration!

Family rambles along the footpaths. At a gentle pace, discover the rich and diverse countryside.

Le Morclan trail: animals running free, lots of flowers to photograph and beautiful chalets in the mountain pastures.

Trail on the theme of water: between the Lake Vannes and the lake very near Morgins in Switzerland, learn all about the many facets of water in the mountains by reading the explanatory panels.

The fun activity trail with Rivari, the name of the Châtel's mascot, is a fun trail of about 600m, that allows for children to explore the mountain's wildlife. The departure is on the left to the arrival of the Super-Châtel gondola. From 3 years. This is the opportunity to enhance the beautiful walks in this area (Lake Conches, Lake de la Mouille...) and have a good time with your family. The access is free, to get there, just take the Super-Châtel gondola and with the Multi Pass in the pocket, it's easy!

Lake Vannes: a trail around the lake, a stone's throw from the village. Do it on foot, by bike and with a pushchair. Children's playground.

Sound hiking "In the footsteps of smugglers": along the border, walk in the steps of fraudsters and customs officers that once roamed our mountains. To listen to these adventures, go to Châtel Tourisme or the Old Customs to get a battery and illustrated guidebook of the trail.

Two hikings are proposed:

- A small loop of a medium difficulty level, to discover with your family.
- A loop reserved for good walkers to enjoy the mountain air on Franco-Swiss peaks!

Price: battery rental + guide book: €8 (+ €50 deposit)

INFORMATION:

- **Old customs house**
Tel. 33 (0)4 50 71 75 11

Bird trail: at the Col de Bassachaux, an introduction to the mountain birds found in Châtel.

Along the River Dranse, the new trail between Abondance and Châtel: A beautiful walk awaits you along the river Dranse d'Abondance.

Open to pedestrians, bikes and strollers. Access for all: families, sports people, children.

That represents nearly 20km of hiking along the river.

The trail extends from the village of Abondance to Très-les-Pierres in Châtel.



Unlimited Mountain-lifts for hikers with the Multi Pass

INFORMATION:
• Châtel Tourisme

GO WITH *a mountain leader*

Aline Ploton, a qualified guide, takes you in a hiking for children, to a high farm for a snack or diner, welcome to families.

• Tel. 33 (0)6 81 56 69 97

Maps of the footpaths and route guides are also on sale at Châtel Tourisme and bookshops.

Mountain *biking*



THEMED EXITS AND MTB HIRE

Marked paths and varied difficulties make you discover extraordinary places through 14 villages. Every day, some patented monitors of State propose you themed exits, initiation with the improvement, on Châtel and the Portes du Soleil.

GET A LOAD OF THAT!

The Portes du Soleil mountain biking area proposes some prices, for the children from 5 to 15 years, and a lift pass 5 hours Portes du Soleil (valid on 23 lifts). Mountain biking rental shops offer a wide range of equipment and will advise you on your choice of bike to suit your level and type of biking. Generally, a helmet and protective gear are highly recommended and even compulsory.

The bike park in Pré-la-Joux

An unmissable biking experience, with 20 different downhill circuits at all levels of difficulty with a green level one to begin. Mountain biking on trails, yes, but downhill trails packed with bumps, banked turns and natural obstacles. The park is made up of 6 North-Shore-style zones and a drop zone. The kid's shore is a fun trail designed especially for children from age 5, where they can experiment with turns,

table tops, whoop-de-dooos and other original features, just like the older kids. And thanks to the LivePark, film and share your runs on the web.

A helmet and protective gear must be worn.

Accessed via the Pierre - Longue and/ or Rochassons chairlifts.

Electric MTB

The Electric MTB activity continues to grow in the Portes du Soleil!

The marked trails are in place. The specific maps for electric bikes are available. Relay points to recharge the batteries are identifiable on the map.

Some practical information:

- › The access to all the trails is wide and reassuring.
- › From 14 years old or from 1m50.
- › Electric bikes are equipped with 26-inch wheel (wheels adults).

INFORMATION:

› Ski lift company (SAEM)

Tel. 33 (0)4 50 73 34 24

www.chatelactivites.com

Mountain biking instructors

› École VTT Châtel MCF

Tel. 33 (0)7 89 08 85 62

› Charles Sports - SkiSet

Tel. 33 (0)4 50 73 24 37

› Vertical Horizons

Tel. 33 (0)4 50 73 38 91

Mountain bike hire

› Charles Sports - SkiSet

Tel. 33 (0)4 50 73 24 37

› Marc Mésièrè - Centre

Tel. 33 (0)4 50 73 30 80

› Mountain Ride

Tel. 33 (0)4 50 73 58 58

› Switch 5

Tel. 33 (0)4 50 81 61 79

› Vertical Horizons

Tel. 33 (0)4 50 73 38 91

Electric MTB hire

› Charles Sports - SkiSet

Tel. 33 (0)4 50 73 24 37

› Marc Mésièrè - Centre

Tel. 33 (0)4 50 73 30 80

› Mountain Ride

Tel. 33 (0)4 50 73 58 58

CAUTION BIKE PARK

A helmet and protective gear must be worn.

TRIAL
biking area

Balancing fun

An area has been built specially in the Pré-La-Joux sector.

There are several routes, for all levels, with features built into the surroundings. Trail biking is a great way to learn bike handling skills, balance and how to get over obstacles. Admission free.



chatelenfamille.com

Summer *activities*



Summer bobsled

This summer, get sliding...

Situated in Pré-la-Joux, this 650-metre descent with 7 bends guarantees thrills and laughter for all the family! Children under 1,25m (4ft 1) must be accompanied by an adult.

Devalkart

Get zooming...

In a little engineless kart, zoom down the Rubis run as fast as you like. Activity open to children aged 10 and over.



Fantasticable with my parents!

And get flying too!

What an experience! Hanging from a cable that whizzes you along at almost 100km/h (60mph), secure in your harness, you balance in the air and fly over the mountains. Châtel makes you feel like you have wings! Minimum weight 35kg. €36. Try the duet flight. **With the Multi Pass: discount of 10%.**

The Loy leisure centre

Minigolf (free with the Multi Pass), compact golf, pétanque (boules). **With the Multi Pass: discount of 10%.**



Lake Vonnes

The trail around the lake is equipped for walking, cycling and pushchairs. You find a playground in free access. Different safety modules for 2-14 years children : swing, zipline, tiny rock for climbing

You can also fish from 6 to 11am.

Everyday.

Fish stock: rainbow trout, fario trout, speckled trout, minnows.

And more...

...lots more!

There are loads of other activities for children in Châtel:

> Tennis: 8 courts, included in the Multi Pass.

> And football, via ferrata in La Chapelle d'Abondance, canyoning, rafting in Bioge around 25km.



FARM PRODUCE TASTING

Lick your lips

Every week, all the family can meet the farmers in their chalets and taste the Abondance cheese, the scented butter of the mountain pastures and home-made jams...

On booking.

> **Chalet in the mountain
pasture Chaux Fleurie**

Tel. 33 (0)6 75 53 01 05

> **Aline Ploton AMM**

Tel. 33 (0)6 81 56 69 97

INFORMATION:

**Summer bobsled, Devalkart,
Fantasticable**

> **Ski lift company (SAEM)**

Tel. 33 (0)4 50 73 34 24

www.chatelactivites.com

Aquatic Center Forme d'O

> Tel. 33 (0)4 50 72 04 31

Fishing license

> **Tabac Presse Girardoz**

Tel. 33 (0)4 50 73 20 75

Sale of license for rivers and mountain lakes.

**Via Ferrata, rock climbing,
canyoning**

> **Sébastien Bron**

Tel. 33 (0)6 98 04 16 22



AQUATIC CENTER FORME D'O, *all year round!*

The offers

- › 3 pools: an indoor playful and sportive pool at 29°C, an outdoor pool at 30°C, a wellness pool at 32°C (adults only)
- › Mineral and vegetable beaches, playful area, aquasplash, volleyball and slakelining
- › Babies swimmers from 6 months with specific plannings

Prices

- › Special package for families (4 tickets with 2 adults max.) €26
- › Ludiboo price for 3 - 16 yrs €21 per week

INFORMATION:

› Forme d'O

Tel. 33 (0)4 50 72 04 31

www.chatel-formedo.com

CHÂTEL AVENTURES

The courses

Located in forest areas at Super-Châtel, wilderness, suitable for family, 7 courses are offered:

- › 1 little kid course, from 2 years old
- › 2 kids courses, for children up from 1.05m to 1.35m
- › 4 courses from 1.35m
- › With the Multi Pass discount of 10%
- › Included: Super-Châtel cable-car, equipment and activity.

INFORMATION:

› Ski lift company (SAEM)

Tel. 33 (0)4 50 73 20 25

www.chatelactivites.com



chatelenfamille.com

The making of *Abondance* cheese



1 - Abondance cows provide the milk, the raw material.

After milking, the milk is warmed to 32° C - the temperature of the cow's udder - and the curdling process is started using natural rennet.

2 - It is then left to curdle by leaving it to rest for 3 to 4 hours

The next step is to break up the curd with a curd knife. This results in pieces about the size of a pea. After being stirred continuously for an hour and a half, the resulting curds are heated to 50°C in a copper cauldron.



3 - The curds are then 'lifted' with a linen cloth and drained in moulds before being pressed.

The curds have now turned to cheese, which is then submerged in brine for 24 hours before being placed on spruce planks where it begins its 3-month maturing process.

4 - The cheese is carefully looked after, being turned on one day and then rubbed with salty water on the next, and so on.

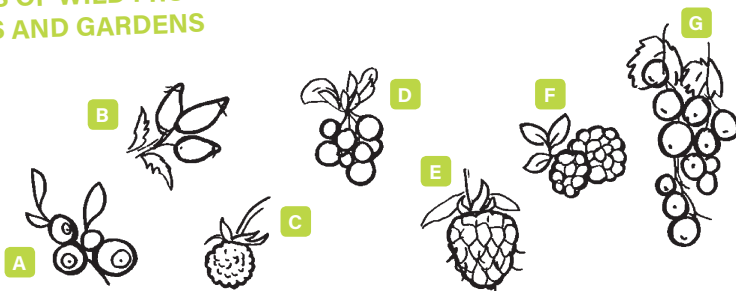
At the market and in shops, the amber coloured Abondance is sold in rounds weighing between 6 and 12 kg. Made both in dairies and on the farm, over time the cheese takes on a more perfumed, fruity character.

Abondance is a delicious cheese that's a recipe for success, and certainly worth waiting for!



FIND THE NAMES OF WILD FRUITS FOUND IN OUR FORESTS AND GARDENS

- 1 Raspberries
- 2 Blueberries
- 3 Wild strawberries
- 4 Cranberries
- 5 Dog rose fruits
- 6 Red currants
- 7 Blackberries



Solution: 1E-2A-3C-4D-5B-6G-7F

Think *green*



CHÂTEL HAS THE LABEL *"Flocon Vert"...*

For a sustainable future...

It is a label of excellence on environmental and social issues.

The mountains are a fantastic playground... but we must also look after them! The little things that all of us, young and old, can do to help the environment... are a giant step for humanity.

Our planet is not clean

We need to act. Together we can do it. Even on holiday!

Châtel is in actions undertaken over several years on the sustainable development theme:

- > To get from one part of the resort to another we can use the free shuttle bus.
- > Selective sorting is in place, with collection points and sorting containers available all over the village.
- > Also, every year mountain rambles are organised... to collect rubbish* lying about on the pistes, particularly under the chairlifts. Sometimes it is turned into works of art.

*Rubbish such as packaging, cigarette butts, etc.

"Up to 30,000 cigarette butts can be collected from under a single chairlift!" (Green Guide to Mountain Resorts - Mountain Riders).

HOW LONG DOES IT TAKE THESE ITEMS OF RUBBISH TO DECOMPOSE?

Paper handkerchief.....	○	○50 yrs
Tin can.....	○	○5 yrs
Cigarette butts.....	○	○3 months
Plastic bottle.....	○	○1 to 15 yrs
Banana skin.....	○	○3 months to 2 yrs
A piece of chewing-gum.....	○	○100 to 1000 yrs

Solution:
 Paper handkerchief: 3 months, recycling
 Tin can: 50 yrs, recycling
 Cigarette butts: from 1 to 15 yrs, non degradable
 Plastic bottle: 100 to 1000 yrs, recycling
 Banana skin: from 3 months to 2 yrs, biodegradable
 A piece of chewing-gum: 5 yrs, non degradable



CHÂTEL, MY FAMILY *vacation destination!*



Remember!

The Portes du Soleil Multi Pass offers an unlimited access to a lot activities in Châtel and into the Portes du Soleil.

Ask it to your participating accommodation provider.

23 ski lifts to discover hiking trails, a refreshing break between swimming pools and arranged lakes, some tennis courts and some skating rinks...

Summer

chatelenfamille.com

CHÂTEL

4 Seasons in the Sun



CHÂTEL TOURISME

BP 40 - F - 74390 Châtel Haute-Savoie - France
Tel. 33 (0)4 50 73 22 44 - Fax. 33 (0)4 50 73 22 87

➤ www.chatel.com



**SAVOIE
MONT:
BLANC**



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