

# Samoëns

*in fall in love with...*

a small village

with a big

heart



summer 2010



Samoens ... my small village with a big   
to fall in love with...

grand /  
Circus!



A person in a bright green shirt and white shorts is balancing on a large, dark rock in a mountainous landscape. The person's reflection is visible in a calm body of water in the foreground. The background features rugged, blue-toned mountains under a clear sky. A white arrow points from the left edge of the image towards the text.

# perfect balance

Take time...

... to admire the fabulous scenery that surrounds the village,  
the Aouille du Criou or the Cirque du Fer à Cheval.  
Every footpath here leads to breathtaking panoramic views.

... to find your true self again!

**Breathe in the tranquillity of an all-encompassing nature**  
in which the air is filled with the fragrance of flowers...  
Admire the crystal clear waters of mountain lakes.  
Tame the waters of cascades...

... And there is so much more besides!

Samoens ... my small village with a big   
to fall in love with...

Summer holidays! →



# Summer swimming!

Get the best out of life...

... at the leisure centre at the Lac aux Dames!

**For you**, there's plenty of open air in which to enjoy a well-earned rest;  
**for your children**, there's plenty to keep them occupied!

It's so good to spend time together as a family!



... And dive straight into happiness!

There's a full range of white water sports on offer  
as well as water skiing, mountain biking, paragliding,  
golfing on water, archery, climbing, etc.

The list is long and the holidays will be too short to try it all!

# Life is a...

## Step a board for a tour...

... of summer entertainments at the foot of the Grand Massif:  
Les Pépites Festival, the American Festival (p20)...

Choose the right atmosphere for you.

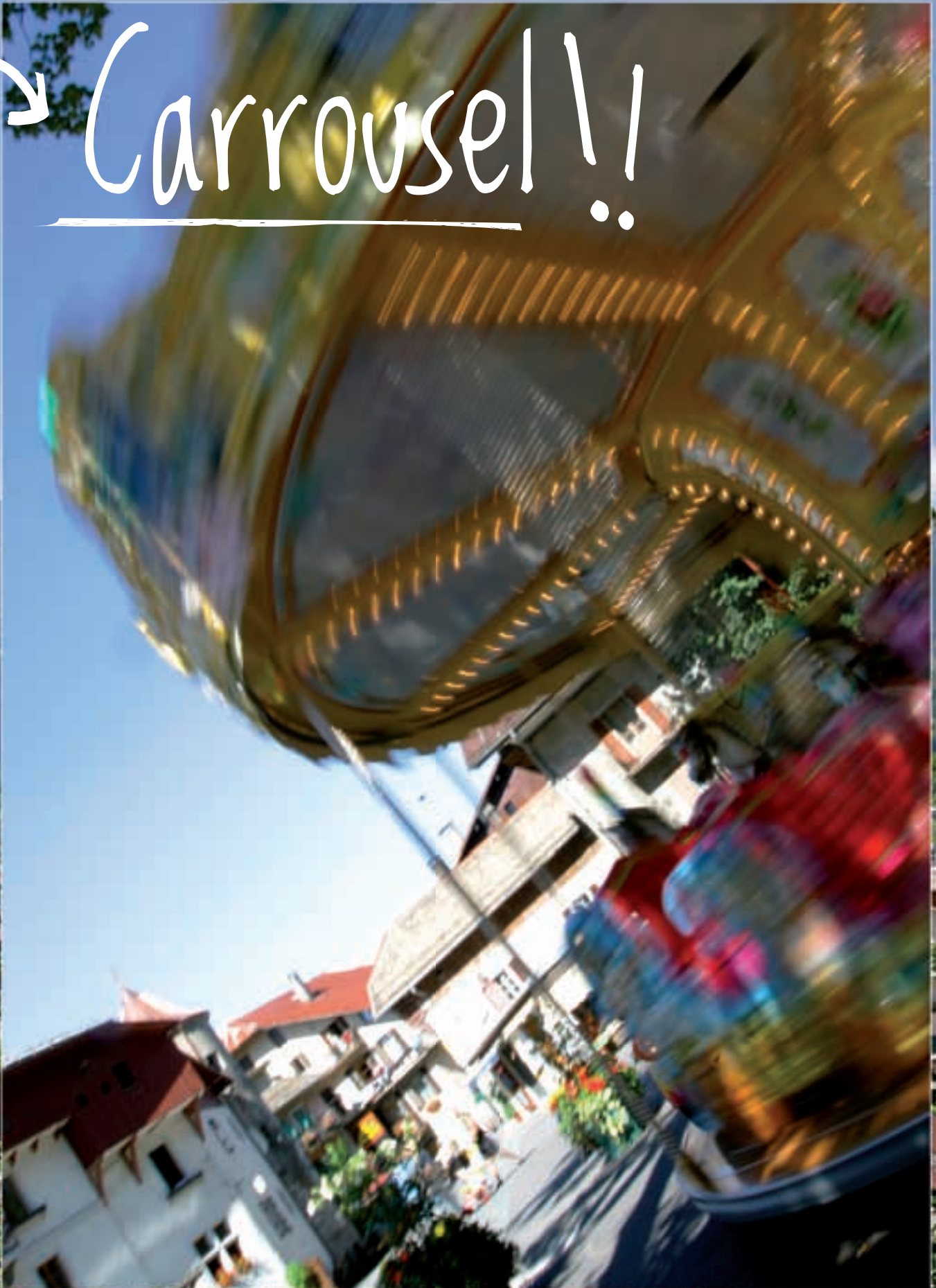
## and enjoy a full visit or experience...

... for all the family in the narrow flower-decked streets  
or the very best of hanging alpine gardens, La Jaÿsinia,  
with its 5,000 varieties of alpine flowers from 5 continents.

But make sure you leave time to enjoy Savoie's heritage:  
great food, arts and crafts, architecture...



→ Carroussel!



Welcome



Samoëns loves families!  
There's everything you  
need here, from activities  
for the little ones to  
recreation for the older  
members of the family.

Samoëns has been a favourite mountain resort of the British for two hundred years.

It has all the natural charm, authenticity and warmth of a superb village only 50 kilometres from Geneva Airport and towns such as Annecy or Chamonix. Here, you can enjoy all the services and hospitality that you expect.

Most of our service providers speak fluent English; in fact, some of them are English.

And the hostesses at the Tourist Office can help you organise your stay and answer your questions.

## summary

<b>FAMILY GET-TOGETHER</b> .....	8
<b>OPEN-AIR RELAXATION, THE LEISURE COMPLEX...</b> .....	10
<b>LIFE AT THE TOP</b> .....	12
<b>ADRENALINE</b> .....	14
<b>WHITE WATER</b> .....	16
<b>SIGHTSEEING GEMS</b> .....	18
<b>FITNESS FIRST</b> .....	19
<b>EVENTS</b> .....	20
<b>SHOPPING SPORT</b> .....	22
<b>USEFUL ADDRESSES</b> .....	24
<b>VILLAGE MAP</b> .....	27

## activities

### OUTINGS WITH A DONKEY

5 - 12 years

#### BUREAU DES GUIDES

K6

tel. +33 (0)4 50 34 43 12



www.guidesmontagnes.com  
info@guidesmontagnes.com

Zebulon and Truly just love children and they especially like being stroked between their ears. Every week, they delight children aged 5 to 12, and they'll even carry the bags without complaining.

#### PRICES

Consult us.

#### CAIRN

M6

tel. +33 (0)4 50 34 48 03



www.cairn-fr.com  
cairn@cairn-fr.com

Family outings with a difference: the Cairn takes you on outings with donkeys!

#### PRICES

Individual price per adult from 139 to 978 €.

#### STÉPHANE FERRAND ACCOMPAGNEUR LES ÂNES DU HAUT GIFFRE

I7

tel. +33 (0)4 50 89 56 47



www.anesduhautgiffre.com  
s.ferrand@wanadoo.fr

Donkeys are ideal companions for your family outings, they will carry your gear and help your little ones to finish the walk.

#### PRICES

Group per adult from 21 to 27 €.



## QUAD FOR CHILD

5 - 12 years

### J'AIME SPORT

K7

tel. **+33 (0)4 50 34 98 20** [www.jaimesport.com](http://www.jaimesport.com)  
[jaime.sport@wanadoo.fr](mailto:jaime.sport@wanadoo.fr)

Electrical quad bike for children from 5 to 12.

**PRICES**  
12 rides: 4 €

## services

### CHILDREN'S OUTDOOR ACTIVITY CENTRE

6 - 11 years

#### SAMOËNS' TOWN HALL

J5

tel. **+33 (0)4 50 34 42 38** [mairiedesamoens@voila.fr](mailto:mairiedesamoens@voila.fr)  
Minding children aged 6 to 12 years, with supervision by qualified leaders.

### HIRE OF EQUIPMENT FOR BABIES

0 - 3 years

Everything for your babies: bed, bottle warmer, baby-carriage...  
Service providers:

#### J'AIME SPORT

K7

tel. **+33 (0)4 50 34 98 20** [jaime.sport@wanadoo.fr](mailto:jaime.sport@wanadoo.fr)  
[www.jaimesport.com](http://www.jaimesport.com)

#### NEIGE ET MONTAGNE

K6

tel. **+33 (0)4 50 34 40 90** [www.neige-montagne.com](http://www.neige-montagne.com)

#### PELLISSIER SPORTS TWINNER

L6

tel. **+33 (0)4 50 34 18 81** [info@twinner-pellissier.com](mailto:info@twinner-pellissier.com)  
[www.twinner-pellissier.com](http://www.twinner-pellissier.com)

**PRICES**  
From 5 €.

## NURSERY

3 months  
6 years

### LOUPIOTS PLAYGROUP

K7

tel. **+33 (0)4 50 34 13 96** [gardieredesloupiots@orange.fr](mailto:gardieredesloupiots@orange.fr)  
Minding children aged from 3 months to 6 years (before the date of their 6<sup>th</sup> birthday).

#### PRICES

Full day with meal from 31 to 37,40 €  
Morning and meal from 20,70 to 24,20 € / Half-day (from 8.30 to 12.30 am)  
Afternoon from 18,90 to 22,50 € / Half-day (from 1 to 6 pm)

## samoëns offers that little bit more!

Every week, free entertainment for your child!

### KIDS' TIME

All the fun and excitement of games and stories designed especially for Little Ones, leaving parents some well-being time of their own. **Make the best of it - enjoy yourselves!**

### CHILDREN'S DANCE

**Some funny character** invites the whole family to take to the dance floor. The programme includes a very quirky way of learning this summer's dances.

### KITE WORKSHOP

Learn how to make a kite.

### TEEN SCENE

**A disco evening** for 16 to 20 years old.

Entertainment programme available on arrival  
from the Tourist Office or on

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



## famille plus

Samoëns, the great place that suit all ages.  
French Government label for family friendly resorts.

- 1. A tailor-made infrastructure** for families,
- 2. Entertainment and activities** to suit all ages,
- 3. Price to suit everyone:** from the youngest to the oldest,
- 4. Activities for children and adults,** to enjoy both on their own and together,
- 5. A nearby medical service** for those "under the weather" days,
- 6. Children to be taken great care of** by professionals.

our intention:

Family suggestions and comments on:

[suggestions@familleplusmontagne.com](mailto:suggestions@familleplusmontagne.com)



A destination for young and old



The leisure complex at Lac aux Dames offers a wide range of recreational and sports activities in an ideal setting.  
Come as often as you like.

## LE BOIS AUX DAMES

### MAIRIE DE SAMOËNS

I8

tel. **+33 (0)4 50 89 71 18**  [www.mairiedesamoens.fr](http://www.mairiedesamoens.fr)  
[leboisauxdames.mairiedesamoens@orange.fr](mailto:leboisauxdames.mairiedesamoens@orange.fr)

Cultural and congress centre, sports hall. Shows already hosted: Rhoda Scott, The Gladiators, The Congos, Anne Roumanoff, Yvan Le Bolloc'h, Izia, Brass Band des Savoie...

Information and bookings on request.

## BOULES AT LAC AUX DAMES

Open-air boules pitch in the leisure complex.

## INDIANA PARC

### INDIANA'VENTURES

G9

tel. **+33 (0)6 89 83 18 84**  **+33 (0)4 50 49 48 60**

 [www.indianaventures.com](http://www.indianaventures.com) - [info@indianaventures.com](mailto:info@indianaventures.com)  
Nature trail in the forest.

#### PRICES

Indiana Park (1.35 m): 20 € - Indiana Kids (1.05 m to 1.35 m): 14 €  
Little Kids (from 2 years old): 10 € - Zip: 5 €.

## PAINT BALL

2 teams compete in a game of role several parts... Dream and sport...

#### PRICES

Group (from 14 years old): 25 €. 8 pers. 8 pax minimum. On booking.

## FISHING

**LAC AUX DAMES:** free fishing with three catches per day permitted on presentation of local fishing permit. Free pass issued at the Tourist Office (on booking order).

**LAC DE JOUX PLANE:** private fishing, daily permit available on site.

**LAC DE GERS:** trout fishing with fishing licence.

First class area for trout fishing - mountain torrents, rivers, streams and mountain lakes. Fishing licence obligatory.

## FISHING GUIDE, LUDOVIC BRIET

tel. **+33 (0)4 50 85 13 96**  [briet.ludovic@wanadoo.fr](mailto:briet.ludovic@wanadoo.fr)  
[www.guidepechesavoiehautesavoie.com](http://www.guidepechesavoiehautesavoie.com)

If you want to find out about a fishing technique or learn more about fishing, I can organise fishing courses lasting one day or longer, for fly, Natural baits or lure fishing, in rivers, Lake Geneva or mountain lakes in the region.

#### PRICES

One day river outing: adult from 140 € / child from 120 €. Prices per person (based on 2 people). Bait and tackle included. Daily tuition or holidays, on request.

## SWIMMING POOL

### PISCINE

18

**tel.** +33 (0)4 50 34 40 73  piscine-patinoire.samoens@orange.fr

Open-air swimming pool in the exceptional surroundings of the leisure centre, with a magnificent panoramic view of the mountains around Samoëns.

**PRICES 2009** (for information)

Individual adult: 4,40 € - Individual children: 3,40 €.

## GOLF ON THE WATER!

### CLAUDE DELORME ENTREPRISE

H8

**mob.** +33 (0)6 18 09 80 04  golfsamoens@hotmail.fr

Come and discover golf on the water!

**PRICES**

Balls box: 2 € - Club or putter: 2 € - Green balls: 1 €.

Contact us for group prices.



## TENNIS

### TENNIS COURTS

18

**tel.** +33 (0)4 50 34 94 36  <http://tennisclubsamoens.free.fr>  
tennisclubsamoens@free.fr

Court hire and lessons for beginners or more advanced players.

**PRICES**

11 € / 1 hour (in July and August) - 10 € / 1 hour in low season.

## ARCHERY

### ARCHERS DE SAMOËNS

H8

**tel.** +33 (0)4 50 34 97 43  lmathalie@wanadoo.fr  
+33 (0)4 50 34 48 10

Leisure activity for beginners or seasoned archers of all ages, from 5 to 80!

**PRICES**

Adult: 12 €/hour - Kid 7-10 years: 9 €/hour - Mini 5-6 years: 6,50 €/1/2 hour.





From Samoëns, you can access everything the Giffre Valley has to offer. Whether you're an experienced hiker or out for a leisurely stroll, Mother Nature has something for everyone.



## HIGH-ALTITUDE HIKING

### • BUREAU DES GUIDES

K6

tel. +33 (0)4 50 34 43 12

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

In summer or winter, the high mountains are waiting, just for you.

#### PRICES

Consult us.

### • CAIRN

M6

tel. +33 (0)4 50 34 48 03

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

Contact us for any project.

#### PRICES

Consult us.

### • CHRISTOPHE REZETTE GUIDE DE HAUTE MONTAGNE

tel. +33 (0)4 50 89 56 45

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

## HIKING

### • BUREAU DES GUIDES

K6

tel. +33 (0)4 50 34 43 12

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

The Upper Giffre valley is a hiker's paradise. A superlative, perhaps, but the reality goes well beyond it. At altitudes ranging from 700 to 3,100 m, there is something for everyone.

#### PRICES

Individual children from 17 à 22 €. Individual adults 23.50 € /day - 17 € ½ day €.

### • CAIRN

M6

tel. +33 (0)4 50 34 48 03

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

Hiking in the Giffre Valley, or anywhere else in the Alps or in France.

#### PRICE

Individual adults from 16 to 700 €.

### • NUNAYAK

K8

tel. +33 (0)4 50 93 86 74

[www.nunayak.com](http://www.nunayak.com)  
contact@nunayak.com

### • SUIVEZ LA TRACE

L6

tel. +33 (0)6 18 63 67 08

[www.suivez-la-trace.com](http://www.suivez-la-trace.com)  
lafalconiere@free.fr

## TRANQUIL WALKS, IN SUMMER AND WINTER

### • QUINTESSENCE - PHILIPCZYK CLAIRE

tel. +33 (0)6 72 62 24 64

www.nature-quintessence.fr/  
philipczyk@free.fr

How to live sporting feelings in natural environment with pleasure.

#### PRICES

Individual adult 15€/ ½ day - 25 €/day.

## MOUNTAIN STAGES

### • BUREAU DES GUIDES

K6

tel. +33 (0)4 50 34 43 12

www.guidesmontagnes.com  
info@guidesmontagnes.com

### • CHRISTOPHE REZETTE GUIDE DE HAUTE MONTAGNE

tel. +33 (0)4 50 89 56 45

www.guides-alpes.com  
cerezette@aol.com

4 days for discovery - Climbing, Via ferrata, your first 4,000 m...

#### PRICES

One day: 290 € maxi 6 pers.

Half day per pers.: 35 € adults and 30 € child

## refuges

All refuges are opened from the 1<sup>st</sup> of July to the 31<sup>th</sup> of August.

### ALFRED WILLS' REFUGE

tel. +33 (0)6 70 63 12 45

bruno@refuge-wills.com  
www.refuge-wills.com

#### CAPACITY

53 persons.

### BOSTAN'S REFUGE

tel. +33 (0)6 10 22 12 89  
+33 (0)4 50 90 10 94

refugedebostan@gmail.com

#### CAPACITY

90 persons.

### CHARDONNIÈRE'S REFUGE

tel. +33 (0)6 81 35 67 34  
+33 (0)4 50 90 11 40

graverruaz@orange.fr

#### CAPACITY

20 persons.

### LA GOLÈSE'S REFUGE

tel. +33 (0)4 50 90 59 53  
+33 (0)4 50 34 91 28

info@refuge-golese.com  
www.refuge-golese.com

#### CAPACITY

80 persons.

### GRENAIRON'S REFUGE

tel. +33 (0)4 50 34 47 31

contact@grenairon.com  
www.grenairon.com

#### CAPACITY

87 persons.

### FOLLY'S REFUGE

tel. +33 (0)4 50 90 10 91

refuge-du-folly.9online.fr  
refuge-du-folly@9online.fr

#### CAPACITY

72 persons.

### LES FONTS' REFUGE

tel. +33 (0)4 50 34 12 41

www.lesfonts.com  
didier.mogenier@wanadoo.fr

#### CAPACITY

37 persons.

### LAC DE GERS' SHELTER

tel. +33 (0)4 50 89 55 14 | +33 (0)6 82 51 44 14

#### CAPACITY

18 persons.

### SALES' REFUGE

tel. +33 (0)4 50 34 47 01

www.refugedesales.com

#### CAPACITY

56 persons.

### LA VOGEALLE'S REFUGE

tel. +33 (0)6 20 60 91 40  
+33 (0)4 50 58 29 45

contact@refugedelavogealle.com  
www.refugedelavogealle.com

#### CAPACITY

58 persons.





If you're an adrenaline junkie, Samoëns can provide the thrills; and help you yield to a few temptations!

NEW

## MOUNTAIN BIKING CENTRE AT LES BEULES

### MAIRIE DE SAMOËNS

N8

tel. **+33 (0)4 50 34 42 38**

[www.mairiedesamoens.fr](http://www.mairiedesamoens.fr)  
[mairiedesamoens@volla.fr](mailto:mairiedesamoens@volla.fr)

Mountain Biking centre at Les Beules - Fun workshops.

#### PRICES

Free access.

## MOUNTAIN BIKING WITH A GUIDE

### ANTHONIOZ SKI

L6

tel. **+33 (0)4 50 34 93 67**

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

Mountain bike outings on the Grand Massif and in the Giffre Valley, for riders of all ages and levels!

#### PRICES

Adult from 24,20 to 50 €. Child from 18,90 to 24,20 €.

### J'AIME SPORT

L7

tel. **+33 (0)4 50 34 98 20**

[www.jaimesport.com](http://www.jaimesport.com)  
[jaime.sport@wanadoo.fr](mailto:jaime.sport@wanadoo.fr)

Mountain biking in the Giffre valley.

#### PRICES

Consult us.

NEW

## GRAND MASSIF EXPRESS CABLE CAR

The opening of the Grand Massif Express cable car means that you can travel to and from the village or plateau in just 10 minutes. It's a simple, gentle means of transport, giving you even more choice for walks or mountain biking. There are plenty of paths and trails starting from the cable car and there are restaurants up on the slopes as well. There are 1-day, 6-day and season passes for mountain bikers, valid on all the lifts.

#### PRICES

Consult us.

## earth

### ROCK CLIMBING

#### BUREAU DES GUIDES

K6

tel. **+33 (0)4 50 34 43 12**

[www.guidesmontagnes.com](http://www.guidesmontagnes.com)  
[info@guidesmontagnes.com](mailto:info@guidesmontagnes.com)

Would you like to find out what it's like to climb a wall of rock, improve your skills or prepare for a climb?

#### PRICES

Half day adult: 37 € / child: 31 €.

#### CAIRN

M6

tel. **+33 (0)4 50 34 48 03**

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

Climbing in and around the Giffre valley.

#### PRICES

Group adult from 16 to 700 €.

#### CHRISTOPHE REZETTE GUIDE DE HAUTE MONTAGNE

tel. **+33 (0)4 50 89 56 45**

[www.guides-alpes.com](http://www.guides-alpes.com)  
[cerezette@aol.com](mailto:cerezette@aol.com)

Climbing in haut giffre, massif du mont blanc etc. 1 day or more.

#### PRICES

One day: 290€ maxi 6 pers.

Half day per pers.: 35 € adult et 30 € child.

#### HANDICIMES

tel. **+33 (0)6 83 19 16 14**  
**+33 (0)6 88 57 86 61**

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

In rock climbing cliff, welcome to discover the vertical element with specialized guide.

#### PRICES

On request.

### QUAD BIKING

#### J'AIME SPORT

L7

tel. **+33 (0)4 50 34 98 20**

[www.jaimesport.com](http://www.jaimesport.com)  
[jaime.sport@wanadoo.fr](mailto:jaime.sport@wanadoo.fr)

Exclusive in Samoëns! Ride through the Giffre Valley and the surrounding areas on a quad bike!

#### PRICES

Quad: individual adult from 50 to 115 €

Family quad: individual adult from 50 to 95 €

### CAVING

#### BUREAU DES GUIDES

L7

tel. **+33 (0)4 50 34 43 12**

[www.guidesmontagnes.com](http://www.guidesmontagnes.com)  
[info@guidesmontagnes.com](mailto:info@guidesmontagnes.com)

Explore the depths of the mountains with our potholing enthusiast guides!

#### PRICES

Adult: 39.50 € - children: 36 €.

#### CAIRN

M6

tel. **+33 (0)4 50 34 48 03**

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

An unforgettable day or course!

#### PRICES

Group adult from 16 to 700 €.

## air

### MAIDEN FLIGHTS IN A HELICOPTER

#### MONT-BLANC HÉLIPTÈRE

tel. **+33 (0)4 50 74 22 44**  
**+33 (0)4 50 92 78 00**  [www.mbh.fr](http://www.mbh.fr)  
[info@mbh.fr](mailto:info@mbh.fr)

Maiden flights in a helicopter from Samoëns.

#### PRICES

From 190 € to 290 €.

### PARAGLIDING

#### PÉGASE AIR SAMOËNS

K9

tel. **+33 (0)4 50 34 95 80**  
**+33 (0)6 07 14 94 24**  [www.parapente-samoens.com](http://www.parapente-samoens.com)  
[courrier@parapente-samoens.com](mailto:courrier@parapente-samoens.com)

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

#### PRICES

Discovery flight: 75 € - Child: 60 € - Performance flight: 120 €

#### LES TONTONS VOLANTS

K9

tel. **+33 (0)6 20 30 75 53**  
**+33 (0)4 50 89 82 30**  [www.samoens-parapente.com](http://www.samoens-parapente.com)  
[dadoorol@voila.fr](mailto:dadoorol@voila.fr)  
[chabert.o@wanadoo.fr](mailto:chabert.o@wanadoo.fr)

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

#### PRICES

Adult: 75 € - Child: 60 € - Long flight from 120 to 160 €

### PARAGLIDING COURSES

#### PÉGASE AIR SAMOËNS

K9

tel. **+33 (0)4 50 34 95 80**  
**+33 (0)6 07 14 94 24**  [www.parapente-samoens.com](http://www.parapente-samoens.com)  
[courrier@parapente-samoens.com](mailto:courrier@parapente-samoens.com)

An experienced team invites you to share its enthusiasm for paragliding.

#### PRICES

Adult from 120 to 500 € - Child: 60 €



### VIA FERRATA

#### BUREAU DES GUIDES

K6

tel. **+33 (0)4 50 34 43 12**  [www.guidesmontagnes.com](http://www.guidesmontagnes.com)  
[info@guidesmontagnes.com](mailto:info@guidesmontagnes.com)

Via ferrata is a mixture of hiking and climbing, horizontality and verticality. The routes are equipped with cables and metal ladders make the course easier, but it is still a physically demanding sport.

#### PRICES

Via ferrata du Mont: adult: 37 € - child: 35 €.  
Via ferrata: Avoriaz, Curella, Jallouvre, Pollet Villard from 55 to 62 €.

#### CAIRN

M6

tel. **+33 (0)4 50 34 48 03**  [www.cairn-fr.com](http://www.cairn-fr.com)  
[cairn@cairn-fr.com](mailto:cairn@cairn-fr.com)

Between hiking and climbing, via ferrata is an unusual sport that is suitable for most people.

#### PRICES

Adult from 16 to 700 €.

#### CHRISTOPHE REZETTE GUIDE DE HAUTE MONTAGNE

tel. **+33 (0)4 50 89 56 45**  [www.guides-alpes.com](http://www.guides-alpes.com)  
[cerezette@aol.com](mailto:cerezette@aol.com)

#### HANDICIMES

tel. **+33 (0)6 83 19 16 14**  
**+33 (0)6 88 57 86 61**  [www.trekycimes.com](http://www.trekycimes.com)

#### NUNAYAK

K8

tel. **+33 (0)4 50 93 86 74**  [www.nunayak.com](http://www.nunayak.com)  
[contact@nunayak.com](mailto:contact@nunayak.com)

Come and try the Via Ferrata des Monts!

#### PRICES

Individual adult 36 €.



Swim against the current,  
tame those rushing rivers,  
surf on wild water.

Samoëns offers a cascade  
of water sports and fun!

## AIRBOAT

### ECOLORADO

P8

tel. **+33 (0)4 50 34 45 26**  
**+33 (0)6 81 68 79 46**

[www.ecolorado-rafting.com](http://www.ecolorado-rafting.com)  
[ecolorado.rafting@wanadoo.fr](mailto:ecolorado.rafting@wanadoo.fr)

In groups of 8 people per instructors the trip on the Giffre with the cross of the gorges in inflatable kayak is our best wild water activity in July, August and September.

#### PRICES

Group per adult: 34 €. Group per child from 28 to 32 €. Individual adult: 37 €.

### J'AIME SPORT

L7

tel. **+33 (0)4 50 34 98 20**

[www.jaimesport.com](http://www.jaimesport.com)  
[jaime.sport@wanadoo.fr](mailto:jaime.sport@wanadoo.fr)

An original way of running the river independently to discover all the secrets of the Giffre!

#### PRICES

Adult from 32 to 36 € - Child from 28 to 32 €.

### NUNAYAK

K8

tel. **+33 (0)4 50 93 86 74**

[www.nunayak.com](http://www.nunayak.com)  
[contact@nunayak.com](mailto:contact@nunayak.com)

#### PRICES

Initiation: 36€ / pers. Perfectionnement: 40 € pers.

## CANORRAFT

### ALTITUDE RAFTING

tel. **+33 (0)6 82 52 76 36**  
**+33 (0)4 50 34 87 69**

[www.rafting-hautesavoie.com](http://www.rafting-hautesavoie.com)

If you want a successful holiday, we can provide you with some great water sports.

#### PRICES

Initiation: 30 €. Perfectionnement: 35 €.

### ECOLORADO

P8

tel. **+33 (0)4 50 34 45 26**  
**+33 (0)6 81 68 79 46**

[www.ecolorado-rafting.com](http://www.ecolorado-rafting.com)  
[ecolorado.rafting@wanadoo.fr](mailto:ecolorado.rafting@wanadoo.fr)

In groups of 8 people per instructors the trip on the Giffre with the cross of the gorges in inflatable canoes is our best wild water activity in July, August and September.

#### PRICES

Group per adult: 34 €. Group per child from 28 to 32 €. Individual adult: 37 €.

### J'AIME SPORT

L7

tel. **+33 (0)4 50 34 98 20**

[www.jaimesport.com](http://www.jaimesport.com)  
[jaime.sport@wanadoo.fr](mailto:jaime.sport@wanadoo.fr)

Discover a new way of travelling downstream with our qualified, enthusiastic instructors.

#### PRICES

Individual adult from 34 to 36 €. Individual child from 28 to 30 €.

### NUNAYAK

K8

tel. **+33 (0)4 50 93 86 74**

[www.nunayak.com](http://www.nunayak.com)  
[contact@nunayak.com](mailto:contact@nunayak.com)

An ideal craft in which to learn about river running techniques.

#### PRICES

Initiation: 36€ / pers. Perfectionnement: 40 € pers.

## CANYONING

### BUREAU DES GUIDES

K6

tel. **+33 (0)4 50 34 43 12**

[www.guidesmontagnes.com](http://www.guidesmontagnes.com)  
[info@guidesmontagnes.com](mailto:info@guidesmontagnes.com)

A hint of adventure, a good dose of madness and surpassing yourself, in wonderful surroundings - we bet the Haute Savoie canyons will be just right for you!

#### PRICES

Individual adult from 39.50 to 65 € - Individual children from 36.50 to 58 €.

### CAIRN

M6

tel. **+33 (0)4 50 34 48 03**

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

Looking for real thrills? Canyoning is just right for you!

#### PRICES

Individual adult from 16 to 700 €.

### HANDICIMES

tel. **+33 (0)6 83 19 16 14**  
**+33 (0)6 88 57 86 61**

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

Welcome in canyon to jump, play on the slide, abseiling in water and enjoy!

#### PRICES

Consult us.



## NUNAYAK

K8

tel. **+33 (0)4 50 93 86 74** [www.nunayak.com](http://www.nunayak.com)  
contact@nunayak.com

Looking for cool thrills?

### PRICES

Individual adult from 36 to 75 €.

## HYDROSPEED

### ECOLORADO

P8

tel. **+33 (0)4 50 34 45 26** [www.ecolorado-rafting.com](http://www.ecolorado-rafting.com)  
**+33 (0)6 81 68 79 46** ecolorado.rafting@wanadoo.fr

White water swimming that takes you into the heart of the river. With the help of your buoyancy aid and your flippers, you feel at one with the waves.

### PRICES

Group per adult: 36 €. Group per child from 28 to 32 €. Individual adult: 40 €. Individual children: 32 €.

### J'AIME SPORT

L7

tel. **+33 (0)4 50 34 98 20** [www.jaimesport.com](http://www.jaimesport.com)  
jaime.sport@wanadoo.fr

If you are looking for intense thrills, and if you aren't scared of getting wet, come and try hydrospeed!

### PRICES

Group per adult from 30 to 32 €. Group per child from 28 to 30 €. Individual adult from 34 to 40 €. Individual children from 28 to 30 €.

## KAYAKING

### ALTITUDE RAFTING

tel. **+33 (0)6 82 52 76 36** [www.rafting-hautesavoie.com](http://www.rafting-hautesavoie.com)  
**+33 (0)4 50 34 87 69**

If you want a successful holiday, we undertake to ensure that your water sports are a success.

### PRICES

3 sessions: 55 € - 5 sessions: 84 €.

## RAFTING

### ALTITUDE RAFTING

tel. **+33 (0)6 82 52 76 36** [www.rafting-hautesavoie.com](http://www.rafting-hautesavoie.com)  
**+33 (0)4 50 34 87 69**

If you want a successful holiday, we undertake to ensure that your water sports are a success.

### PRICES

Rafting: 35 €. Family price: 32 €/pers.

## ECOLORADO

P8

tel. **+33 (0)4 50 34 45 26** [www.ecolorado-rafting.com](http://www.ecolorado-rafting.com)  
**+33 (0)6 81 68 79 46** ecolorado.rafting@wanadoo.fr

If you are planning an outing with friends, or with people from your company, your club or your works committee, now is the time to think about it.

### PRICES

Group per adult from to 31 €. Group per child from to 25 €. Individual adult from to 35 €. Individual child from to 26 €.

## J'AIME SPORT

L7

tel. **+33 (0)4 50 34 98 20** [www.jaimesport.com](http://www.jaimesport.com)  
jaime.sport@wanadoo.fr

If you want to discover river rafting with professional enthusiasts, you can experience some incredible thrills with J'aime sport.

### PRICES

Group per adult from 28 to 32 €. Group per child from 22 to 28 €. Individual adult from 30 to 35 €. Individual children from 26 to 28 €.

## NUNAYAK RAFTING

K8

tel. **+33 (0)4 50 93 86 74** [www.nunayak.com](http://www.nunayak.com)  
contact@nunayak.com

Are you tempted to jump into this inflatable craft?

### PRICES

Group per adult from 25 to 45 €. Group per child from 22 to 45 €. Individual adult from 29 to 45 €. Individual children from 23 to 45 €.

## ONE WEEK MULTI-ACTIVIY COURSE CHILD, TEEN, ADULT

### BUREAU DES GUIDES

M6

tel. **+33 (0)4 50 34 43 12** [www.guidesmontagnes.com](http://www.guidesmontagnes.com)  
info@guidesmontagnes.com

### PRICES

Child from 137 €, teen from 143 €, adult from 178 €.



## WATER SKIING

### BOUTIQUE SKI SET SKI SERVICES ROLAND GAY

M6

tel. **+33 (0)6 15 77 11 44** [rgski74@orange.fr](mailto:rgski74@orange.fr)  
**+33 (0)6 20 54 40 97**

Water skiing in the midst of the mountains!

### PRICES

Consult us.

Samoëns has plenty of old buildings, making it one of the most delightful villages in Haute-Savoie.



## VARIOUS TOURIST TRANSPORT

### GUIDED TOURS BY TOURIST TRAIN

M6

Guided tours leaving from the church place. Booking compulsory is necessary. Booking compulsory for group all year long.

#### PRICES

From 3 to 6 €, min. 5 pers. Booking compulsory.

#### INFORMATIONS Septiloisirs

+33 (0)6 10 40 83 08

### DISCOVER SAMOENS IN A HORSE-DRAWN CARRIAGE

M6

Rides through Samoëns in a horse-drawn carriage.

#### PRICES

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

#### INFORMATIONS SARL Chevrot

+33 (0)4 50 25 84 41 | +33 (0)6 08 82 69 30

## GUIDED TOURS

### GUIDED TOURS

K6

This summer, you can choose from a wide range of various guided tours to discover more about the lively historic town of Samoëns, its surrounding villages and some other unusual places:

- The old town
- The old town at night
- A guided tour once a month to the charming villages of Chantemerle or Vercland
- The Pasquier sawmill
- Funeral art, a heritage for eternity: special guided tour once a month.

**New for families with children:** a sketching tour to discover our rural heritage during a walk through the village of Vallon.

#### PRICES

Adult: 4 €. Child (12-16): 3 €. Child under 12: free. Groups: consult us.

#### INFORMATION AND BOOKING Samoëns Tourist Office

+33 (0)4 50 34 40 28

### ECOMUSÉE FARM "LE CLOS PARCHET"

C3

Created by Pierre and Simone Dechavassine.

Find out about the history of an ancient farm, and the lives of families in the valley of the Haut Giffre. Followed by sampling home cooked fare. Length of visit about 2 hours.

#### PRICES

Adult: 6,50 €. Child under 16 years old and student: 4 €. Free for child under 12 years old.

#### INFORMATIONS



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

Ferme écomusée du Clos Parchet  
+33 (0)4 50 34 46 69

### FROM MILK TO CHEESE

J10

Guided tour of the farm and a chance to taste the produce. Family farm producing and selling fresh farm produce made exclusively with milk from our own cows.

#### PRICES

Adult: 4 €. Child: 2 €.

#### INFORMATIONS

Earl "Le Criou"

+33 (0)4 50 34 94 46

### VISIT TO THE PASQUIER SAWMILL

Guided tour of the Pasquier sawmill at Les Chenêts, an example of rural and industrial heritage.

#### PRICES

Adult: 4 €. 12-16 years: 3 €. Child under 12: free. Groups: consult us.

#### INFORMATIONSS

Samoëns Tourist Office

+33 (0)4 50 34 40 28

## services

### LIBRARY

#### LIBRARY

M6



+33 (0)4 50 34 95 77



[www.samoens-biblio.fr](http://www.samoens-biblio.fr)  
bib.samoens@orange.fr

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

#### PRICES

Individual adults: 17 € - Child under 16: 6 €.

Weekly subscription available for tourists: 6 € (+50 € guarantee)

### CRIOU CINEMA

#### SOCIÉTÉ CINÉMONDE

M6



+33 (0)4 50 34 41 40  
+33 (0)4 50 79 04 17



[info@cinemonde.fr](mailto:info@cinemonde.fr)

#### PRICES

Individual adult: 7 € - Individual child: 7 €

### WEBSAMOENS INTERNET CAFÉ

#### INTERNET CAFÉ

L6

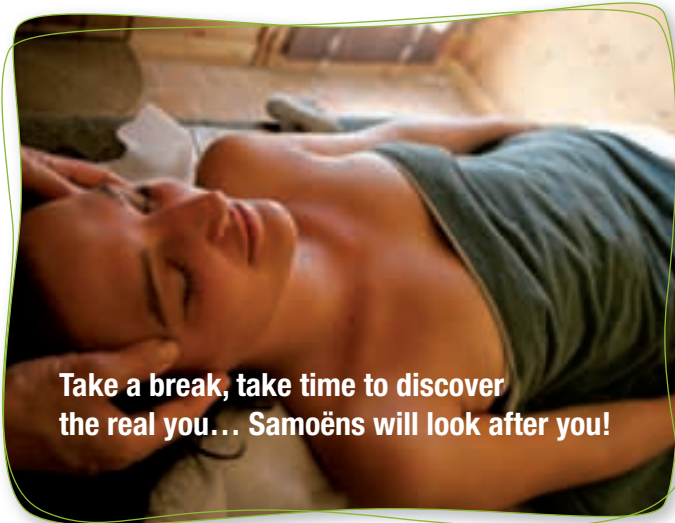


+33 (0)4 50 18 01 12



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

Internet Café with computers and wireless access.



Take a break, take time to discover the real you... Samoëns will look after you!

**SENSORY FITNESS**

**GIRAUD VIOLAINE**

I8

tel. **+33 (0)4 50 89 65 61** [www.fasciatherapie.com](http://www.fasciatherapie.com)  
violaine.giraud@orange.fr

From sensory fitness to everyday well-being - it's all in the movement. Sensory fitness provides an opportunity to get in touch with one's inner being by feeling postures and acquiring self-recognition through movement.

**PRICES**  
Consult us.

**SENSORIEL HARMONISATION**

**PHILIPCZYK CLAIRE « QUINTESSENCE »**

mob. **+33 (0)6 72 62 24 64** [www.nature-quintessence.fr](http://www.nature-quintessence.fr)  
philipczyk@free.fr

Body educational techniques which repair, release, regenerate and harmonize the body and the spirit.

**PRICES**  
1 hour: 55 € - 30 mn: 30 €  
The Afghan walk: 15 € half-day - 25 €/day

**NORDIC WALKING**

**BUREAU DES GUIDES**

K6

tel. **+33 (0)4 50 34 43 12** [www.guidesmontagnes.com](http://www.guidesmontagnes.com)  
info@guidesmontagnes.com

Walking with special sticks.

**PRICE**  
Individual adult 1/2 day: 12 €.

**REFLEXOLOGY AND WELL BEING MASSAGE**

**LORIOT MARIE ATMASPHÈRE**

L8

mob. **+33 (0)6 82 91 68 04** [atmasphere.marie@gmail.com](mailto:atmasphere.marie@gmail.com)

Massage for relaxation and well-being, in the Indian tradition of Ayurveda, performed gently with warm vegetable oils enriched with essential oils.

**PRICES**  
Body massages (1 hour): 55 €, (30 mn): 30 €.

**GRU ANGÉLIQUE**

M6

mob. **+33 (0)6 21 75 08 72** [relaxasoi@yahoo.fr](mailto:relaxasoi@yahoo.fr)

Reflexology is the physical act of applying pressure to the feet with specific thumb, finger and hand techniques with the use of oil. It is based on a system of zones and reflex areas that reflect an image of the body on the feet with a premise that such work effects a physical change to the body.

**PRICES**  
Réflexology (1 hour): 45 €. Well-bieng massage (1 hour): 55 €.

**OXALIS INSTITUT**

M6

mob. **+33 (0)6 82 35 61 02** [www.samoens-esthetique.com](http://www.samoens-esthetique.com)  
contact@samoens-esthetique.com

The Oxalis Institute offers you skin and body care in the heart of Samoëns village, in the main square. With high quality professional products endorsed by "Académie Scientifique de Beauté", it is the perfect place to take a moment for yourself.

**PRICES**  
Consult us.

**MÉDITATION - SHIATSU - TAI CHI CHUAN - TAI-JI BATON**

**CHEVALLIER PHILIPPE - DOJO DE LA PIAZ**

G5 / I8

tel. **+33 (0)4 50 34 93 48** mob. **+33 (0)6 87 14 29 55**

<http://dojodelapiaz.blogspot.com/>  
dojo.delapiaz@club-internet.fr

A beautiful and peaceful 110 m<sup>2</sup> practice space in an old converted Barn. Ideal for yoga, Tai Chi, meditation and courses. For hire on an hourly basis. Also, courses available in:

**Meditation**, guided or free.  
**Shiatsu**, relation or healing.  
**Tai Chi**, traditional (Yang), Baton and Internal Martial Arts.  
Weekly classes or workshops.

**PRICES**  
Consult us.

**HATHA YOGA SESSION - EVA RUCHPAUL APPROACH**

**FLOQUET ISABELLE**

L8

mob. **+33 (0)6 23 46 72 20** [zazou9@neuf.fr](mailto:zazou9@neuf.fr)

What is Hatha yoga? Learn more about your inner self by balancing postures and a suitable breathing pattern.

**PRICES**  
10 € collectif session, 18 € private lesson.

**BALNEOTHERAPY AND RELAXING CENTRE**

**FIFINE**

L8

tel. **+33 (0)4 50 34 10 29** [www.fifine.com](http://www.fifine.com)  
contact@fifine.com

Foaming baths with essential oils, scrubs, massage, Turkish baths, jacuzzi.

**PRICES**  
Jacuzzi from 50 €.





3<sup>RD</sup> YEAR

## les pépites festival!

All summer, Samoëns is the place for music and we have found some emerging artistes who will undoubtedly be front page news for summer music - just for you (like Pep's in 2008 and Izia in 2009).



There's an eclectic selection so you can experience different styles of music in the most beautiful places in the village - free of charge!

to find out the latest on the festival, log onto [www.myspace.com/samoens](http://www.myspace.com/samoens)



**EXCEPTIONAL**



from 2<sup>nd</sup> to 4<sup>th</sup> July

## samoëns American Festival (saf)

For two days, Samoëns goes American. The village has a Far West atmosphere, filled with country music and demonstrations of great riding. Set against typical mountain scenery, you can go riding, learn a bit of country & western dancing or travel the Upper Giffre Valley by motorbike. Definitely something just that little bit different!

Find out about our special-interest holidays on [www.jeveuxdelamontagne.com](http://www.jeveuxdelamontagne.com)

• Find out all about the events on [www.samoens.com](http://www.samoens.com) •

24<sup>th</sup> and 25<sup>th</sup> July

## mountain bike trial

The best mountain bikers in France crowd into the village and demonstrate their expertise. You'll see some unbelievable balancing acts and skills - it's impressive to watch. You'll never look at a mountain bike the same way again!



from 7<sup>th</sup> to 13<sup>rd</sup> August

## 4<sup>th</sup> sculpture symposium

For a week, a number of international sculptors will work outdoors and in public to create pieces on the theme of "Bracing fresh air - the breath of creation". Guided tours on specific subjects and lessons in stone carving for beginners will also be available for young and old.



21<sup>st</sup> and 22<sup>nd</sup> August

## la rioule

Savoie was annexed to France just 150 years ago and to mark this anniversary you can find out more about the local folklore through traditional games such as Mé and Toupines, There will also be a spectacular fireworks display at Le Criou and a whole range of other entertainment.



Throughout the summer,  
enjoy a multitude  
of entertainments  
and concerts including:

Early August

## les chœurs de France

300 choral singers and a 10-piece orchestra  
(including a string quartet).

**GREAT IDEA**

## for accomodation

Special price: from 200 €  
Per week to rent a studio flat sleeping 4 people.

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

A one-stop shop full of great ideas, special-interest holidays, special offers and last-minute bookings. It'll be your best friend when you're planning your holidays and you can take advantage of offers throughout the year.

**It's the Samoëns promotional website!**

So why hesitate? In Samoëns you've got everything on the spot, from the latest equipment to the best advice.



### ANTHONIOZ SKI

L6

tel. **+33 (0)4 50 34 93 67**

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

#### FOR YOUR DISPOSAL

Sports equipment. Sports clothes. Equipment hire. Mountain equipment hire. Bike or mountain bike hire.

**Provide activities:** rafting

### INTERSPORT

K5 / L 6

tel. **+33 (0)4 50 34 40 51**  
**+33 (0)4 50 34 95 73**

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

**The 2 Intersport stores of Samoëns propose you a large choice of sporting articles and the advice personalized by professionals to make a success completely of your sports activities in the mountain!**

#### FOR YOUR DISPOSAL

Sports equipment. Clothes shop. Sports clothes. Equipment hire. Mountain equipment hire.

### BOUTIQUE SKI SET SKI SERVICE ROLAND GAY

L6

tel. **+33 (0)4 50 34 42 44**  
**+33 (0)4 50 34 43 39**

 [www.skiset.com](http://www.skiset.com)  
[rgski74@orange.fr](mailto:rgski74@orange.fr)

#### FOR YOUR DISPOSAL

**Provide activities:** airbot, canoraft, hydrospeed, paragliding, rafting.

### J'AIME SPORT

L7

tel. **+33 (0)4 50 34 98 20**

 [www.jaimesport.com](http://www.jaimesport.com)  
[jaime.sport@wanadoo.fr](mailto:jaime.sport@wanadoo.fr)

#### FOR YOUR DISPOSAL

Sports equipment. Sports clothes. Equipment hire. Mountain equipment hire. Bike or mountain bike hire. Hire of equipment for specific public uses.

**JAY SPORT SKI LOC**

L5

tel. **+33 (0)4 50 34 94 41**

 [www.skiloc-samoens.com](http://www.skiloc-samoens.com)  
[info@skiloc-samoens.com](mailto:info@skiloc-samoens.com)

**Your alpine sports specialist.**

**FOR YOUR DISPOSAL**

Sports equipment. Sports clothes. Equipment hire.  
Mountain equipment hire.

**NEIGE ET MONTAGNE**

K6

tel. **+33 (0)4 50 34 40 90**

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

**FOR YOUR DISPOSAL**

Sports equipment. Sports clothes. Equipment hire. Mountain equipment hire. Bike or mountain bike hire.

**PELLISSIER SPORTS TWINNER**

L6

tel. **+33 (0)4 50 34 18 81**

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

**Enter the universe of mountain sports: since 1927, our team of passionate specialists welcomes you in our shop area, dedicated to the sale and rent of mountain sports equipment.**

**FOR YOUR DISPOSAL**

Sports equipment. Clothes shop. Sports clothes. Equipment hire. Mountain equipment hire. Bike or mountain bike hire. Hire of equipment for specific public uses.

**Provide activities:** via ferrata, hiking and alpinism.

**PLANÈTE GLISSE**

L6

tel. **+33 (0)4 50 90 57 69**

 [samoens.skimium.fr](http://samoens.skimium.fr)  
[www.planeteglisse-samoens.fr](http://www.planeteglisse-samoens.fr)  
[planeteglisse@hotmail.fr](mailto:planeteglisse@hotmail.fr)

**FOR YOUR DISPOSAL**

Sports equipment. Sports clothes. Equipment hire. Mountain equipment hire. Bike or mountain bike hire.

**Provide activities:** airboat, cano raft, hydrospeed, paragliding, rafting, via ferrata, VTT.



**SAMOËNS SPORTS**

L7

tel. **+33 (0)4 50 34 96 39**

 [www.samoens-sports.fr](http://www.samoens-sports.fr)  
[samoens\\_sport@yahoo.fr](mailto:samoens_sport@yahoo.fr)

**SPORT EXPÉRIENCE**

K9

tel. **+33 (0)4 50 34 90 36**

 [www.jaimesport.com](http://www.jaimesport.com)  
[jaime.sport@wanadoo.fr](mailto:jaime.sport@wanadoo.fr)

**FOR YOUR DISPOSAL**

Sports equipment. Sports clothes. Equipment hire. Mountain equipment hire. Bike or mountain bike hire. Hire of equipment for specific public uses.

**X'TRÊME GLISSES**

K9

tel. **+33 (0)4 50 89 82 30**

 [www.xtremeglisses-samoens.com](http://www.xtremeglisses-samoens.com)  
[fogzz2@wanadoo.fr](mailto:fogzz2@wanadoo.fr)

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

**FOR YOUR DISPOSAL**

Sports equipment. Sports clothes. Equipment hire. Mountain equipment hire. Hire. Loan of motorized equipment. Bike or mountain bike hire.

**Provide activities:** airboat, cano raft, canyoning, hydrospeed, kayak, rafting, hiking, multi-activities stage, via ferrata, VTT, paragliding.



activities providers

**ÉCOLE DE SKI INTERNATIONALE  
ZIG ZAG**

tel. **+33 (0)6 86 66 07 21**

 [www.zigzagski.com](http://www.zigzagski.com)  
[info@zigzagski.com](mailto:info@zigzagski.com)

**Provide:** canyoning (Boat-less River and Waterfall Descent!), Rock climbing, caving, hiking, via ferrata, parapenting / paragliding

## BAR

## CAFÉ / BAR

- AU PRÉ D'OSCAR** +33 (0)4 50 53 71 57 G13  
gallet.michel@hotmail.fr
- BAR LOUNGE - LE BOIS DE LUNE** +33 (0)4 50 34 18 02 J5  
boisdelune@live.fr  
Enjoy a pleasant moment together.
- BRASSERIE DU LAC** +33 (0)4 50 93 33 45 I9
- CAFÉ DE LA POSTE** +33 (0)4 50 34 41 02 M6  
Bar - Restaurant - PMU - Rapido.
- COVEY'S IRISH PUB** +33 (0)4 50 18 21 15 L7  
www.coveysirishpub.com contact@coveysirishpub.com  
An Irish pub.
- LE GUANAÇÃO** +33 (0)4 50 34 18 53 M6  
pagesperso-orange.fr/guanacao/index.html guanacao@wanadoo.fr  
Drey's accomodate you in a young and female environment.
- LE SAVOIE BAR** +33 (0)4 50 34 94 43 M6  
www.savoiobar.com leboss@savoiobar.com
- PUB LES DRUGÈRES** +33 (0)6 43 42 24 23 K6  
+49-179-6734019 (Hors saison)  
www.lesdrugeres.com info@lesdrugeres.com  
The place to be for all Powderjunkies in the search of great "Après-Ski".

## RESTAURANT

## BRASSERIE

- BRASSERIE DU LAC** +33 (0)4 50 93 33 45 I9
- CAFÉ DE LA POSTE** +33 (0)4 50 34 41 02 M6  
Bar - Restaurant - PMU - Rapido.
- LE SAVOIE** +33 (0)4 50 34 94 43 M6  
www.savoiobar.com leboss@savoiobar.com  
Prices unavailable. Enquire on the spot.

## RESTAURANT

- AUX BECS À FLEU** +33 (0)4 50 34 94 02 K5
- AU RELAIS SEPTIMONTAIN** +33 (0)4 50 34 42 19 K5  
www.relais-septimontain.com relais.septimontain@orange.fr
- LE BOIS DE LUNE** +33 (0)4 50 34 18 02 J5  
www.leboisdelune.com boisdelune@live.fr  
Good traditional cuisine (fish, meat, specialities). Saloon Bar with a fireplace.
- LA BOULE DE NEIGE** +33 (0)4 50 34 44 58 G12  
www.labouledeneige.com hotelrestlabouledeneige@wanadoo.fr
- LA CLARINE** +33 (0)4 50 34 40 11 L6  
nathalieforre@orange.fr  
We propose you a large choice of local specialities. Quiet terrasse. All the menus are translate in English.
- L'EDELWEISS** +33 (0)4 50 34 41 32 H4  
www.edelweiss-samoens.com hotel-edelweiss@wanadoo.fr  
Restaurant located on the slopes above Samoëns.

## LA FANDIOLEUSE

+33 (0)4 50 34 98 28 L6

**FERME RESTAURANT L'ACCUEIL SAVOYARD** +33 (0)4 50 34 41 86 G6  
www.accueil-savo yard.com

**RESTAURANT LE GAI SOLEIL** +33 (0)4 50 34 40 74 J5  
www.hotel-samoens.com hotel.gai-soleil@wanadoo.fr

**LES GLACIERS** +33 (0)4 50 34 40 06 K5  
hotellesglaciers.com contact@hotellesglaciers.com

**LA GRIGNOTERIE** +33 (0)4 50 34 92 96 L7  
residence-la-cour@wanadoo.fr www.lacour-residences.com  
The outside garden restaurant has a covered terrace where you can be served salads, grilled meat and Savoy specialities.

**LA LOUISIANE** +33 (0)4 50 34 42 83 M6  
la-louise@orange.fr

**LE MONDE À L'ENVERS** +33 (0)4 50 34 19 36 M6  
lemondealenversamoens@yahoo.fr  
Enjoy a French and fine homemade food with fresh and local products. Michelin Guide. As well, enjoy homefood at home with the TAKE AWAY MEAL.

**MUSCADE ET BASILIC** +33 (0)4 50 53 65 22 L6  
jacquelinelenan@wanadoo.fr

**RESTAURANT NEIGE ET ROC** +33 (0)4 50 34 40 72 I6  
www.neigeetroc.com resa@neigeetroc.com  
The Neige et Roc restaurant offers you a warm welcome.

**LE SÉRAC** +33 (0)4 50 34 45 18 L6  
yeopesty66@yahoo.com  
Traditional and speciality restaurant: Savoy fondue, meat fondue, raclette, tartiflette, pierrade(hot-stone), brasérade, etc. also a big choice of pizzas, home-made pastas and big salads.

**LA TABLE DE FIFINE** +33 (0)4 50 34 10 29 L8  
www.fifine.com contact@fifine.com  
You are in for some surprising discoveries in this restaurant made of old, traditional wood. Delicious food served in a simple atmosphere.

**LA TORNALTA** +33 (0)4 50 34 98 68 L5

## ALTITUDE RESTAURANT

**ALPAYA - LE YOURTI** +33 (0)6 25 70 37 08 I1  
www.alpaya.fr septirando@hotmail.fr

**AU PRÉ D'OSCAR (Samoëns 1600)** +33 (0)4 50 53 71 57 G13  
gallet.michel@hotmail.fr

**CHALET L'AÉRO (Samoëns 1600)** **+33 (0)4 50 18 00 21** **G13**  
**www.aero1607.com** **contact@aero1607.com**  
 At Samoëns 1600 in a wonderful place, panoramic view on the Giffre valley. On the start off DH bike slope at 8 minutes from the GME.

**GÎTE DU LAC DE GERS** **+33 (0)4 50 89 55 14** **M12**

**L'IGLOO (Morillon)** **+33 (0)4 50 90 14 31** **HP**  
**j.luc.d@wanadoo.fr**

**LOU CABOËNS (Samoëns 1600)** **+33 (0)6 86 58 87 05** **G13**

**LA LUGE À TÉRAN (Samoëns 1600)** **+33 (0)6 85 80 77 00** **G13**

**LE RELAIS DES VALLÉES (Joux Plane)** **+33 (0)4 50 34 91 86** **D1**

#### TAKE AWAY MEALS

**PIZZERIA LE MAZOT** **+33 (0)4 50 78 41 93** **O8**  
**jean-charles.prot@tele2.fr**

**LE MONDE À L'ENVERS** **+33 (0)4 50 34 19 36** **M6**  
**lemondealerversamoens@yahoo.fr**  
 Don't want to go out: think about take-away meal from Le Monde à l'Envers!!!

**PIZZERIA SNACK DU GIFFRE** **+33 (0)4 50 58 71 96** **K9**

**LA TARTINERIE** **+33 (0)4 50 34 48 51** **M6**

#### SHOPS

##### BUTCHER / DELICATESSEN

**LE VEAU GRAS** **+33 (0)4 50 34 47 36** **L7**  
**stephan.herault@wanadoo.fr**

##### FIRM OF ARCHITECTS

**E.A.C. ENGINEERING ARCHITECTURE CONCEPTION** **+33 (0)4 50 34 49 72** **K5**  
**eac-samoens@wanadoo.fr**

##### SHOES / LEATHER GOODS

**PELLISSIER CHAUSSURES** **+33 (0)4 50 34 43 07** **L6**  
**contact@samoens-location.com**

##### SWEET SHOP

**FUN BONBONS** **+33 (0)4 50 93 37 15** **M6**  
**roger.curnier@wanadoo.fr**

##### DECORATION / FURNITURE

**QUINCAILLERIE GRANGER** **+33 (0)4 50 34 41 91** **L5**  
**www.granger-deco.com** **quincagranger@orange.fr**

**LA MAISON DE MARIE LOUISE** **+33 (0)4 50 18 03 98** **L6**  
**www.renardiere.com** **marie-louise@renardiere.com**

##### BAKER / SWEET SHOP / CAKE SHOP

**À LA JAÏSINIA** **+33 (0)4 50 34 40 31** **L5**  
**contact@a-la-jaysinia.com**

**LA CHEMINÉE** **+33 (0)4 50 34 53 67** **L5**

##### BEAUTY AND WELLBEING

**OXALIS INSTITUT** **+33 (0)6 82 35 61 02** **M6**  
**www.samoens-esthetique.com** **contact@samoens-esthetique.com**

##### GARAGE

**GARAGE BAUDET** **+33 (0)4 50 34 43 82** **L6**  
**garage.baudet@wanadoo.fr**

##### PHOTOGRAPHY

**MILLE IMAGES** **+33 (0)6 84 15 23 07** **L7**  
**milleimages@wanadoo.fr**  
 Any photographic-related works (digital or analog way)

##### FARM PRODUCTS

**EARL "LE CRIOU" PRODUITS FRAIS FERMIS** **+33 (0)4 50 34 94 46** **J10**  
 Fresh cheese. Traditional farm, home made fresh cheese from the milk of our cows.

##### REGIONAL PRODUCTS

**FRUITIÈRE DE SAMOËNS** **+33 (0)4 50 89 52 85** **N7**  
**guy.villard@silhs.fr**

**LA FEUILLE DE VIGNE** **+33 (0)4 50 34 19 56** **L6**  
**belbarbe@wanadoo.fr**

Specialist on local wines as well as other regions of France (Champagne, Bordeaux, Bourgogne...). Local food products. Give yourself a treat with liquor tasting on Wednesday and wine tasting on Thursday. Private session tasting on request.

**LA TOUR GOURMANDE** **+33 (0)4 50 34 42 54** **L6**  
**www.la-tour-gourmande.com** **contact@la-tour-gourmande.com**

**LE GRENIER SAVOYARD** **+33 (0)4 50 34 48 22** **L6**  
**www.greniersavoyard.fr** **abrasier@greniersavoyard.fr**  
 Le Grenier Savoyard is the most beautiful delicatessen shop in Samoëns. Try the famous cheese Fondue, the Beaufort Cheese at Grenier Savoyard.

**LE REFUGE DES SAVEURS** **+33 (0)4 50 53 38 86** **L5**  
**lerefugedessaveurs@sfr.fr**

##### PROPERTY DEVELOPER

**MGM IMMOBILIER** **+33 (0)4 50 18 11 02** **M7**  
**www.mgm-constructeur.com** **jp@mgm-immobilier.fr**  
 Real estate agency / Property developer.

##### HAIRDRESSING SALON

**LE SALON** **+33 (0)4 50 34 46 77** **K5**  
**mariethie@aol.com**

**SYLVIE COIFF'** **+33 (0)4 50 34 46 46** **L6**  
**smichel.marquet@wanadoo.fr**

## FOOD SHOP / SUPERMARKET

CARREFOUR MARKET +33 (0)4 50 34 97 77 D8  
samoens@franchise.champion.fr

SHERPA +33 (0)4 50 53 43 50 M7  
sherpa.samoens@yahoo.com

## CLOTHES SHOP

INTERSPORT +33 (0)4 50 34 95 73 L6

KID GRAFFITI +33 (0)4 50 90 59 73 K5  
For kids from 3 months to 16 years old.

## CRAFTSMAN

## ÉLECTRICIAN

DEWEZ ELECTRICITÉ +33 (0)6 13 43 18 05 M7  
www.votre-electricien.fr/samoens dewez.electricite@orange.fr

## CRAFTS / SILVER SMITH / SOUVENIR SHOP

O...XYZEN +33 (0)4 50 34 19 32 L6  
micamola@wanadoo.fr  
Stones, jewellery, handcrafts.

## STONE MASON

BIANCO MAÇONNERIE +33 (0)4 50 34 49 18 G5  
bianco.go@wanadoo.fr

The satisfaction of a job well done is the most important aspect of the Bianco team.

## CARPENTER

MENUISERIE DURIER +33 (0)4 50 34 41 55 I6

MENUISERIE GURLIE +33 (0)4 50 34 43 81 Q7  
sasgurlie@cegetel.net

## ART CRAFTSMEN / POTTER

POTERIE LANGE +33 (0)4 50 78 36 23 J6  
langsa@cegetel.net

## CHIMNEY SWEEP / HEATING ENGINEER

B. MANOURY +33 (0)4 50 34 13 85 L6

## SAWMILL

SCIERIE PASQUIER +33 (0)4 50 90 10 46 C7  
scierie.pasquier@yahoo.fr

## BLIND / SHUTTER

BOSSUWE OLIVIER +33 (0)4 50 34 93 37 G11  
olivier.bossuwe@free.fr

## SERVICES

## BANK

BANQUE POPULAIRE DES ALPES +33 (0)4 50 47 49 86 K6  
laurence.paton@alpes.banquepopulaire.fr

CRÉDIT AGRICOLE DES SAVOIES +33 (0)4 50 19 40 17 L6  
claud.bargain@ca-des-savoie.fr

## POLICE STATION

POLICE STATION 17 | +33 (0)4 50 34 40 05 L8

## POST OFFICE

LA POSTE +33 (0)4 50 34 42 00 M6

## LINEN RENTAL

LINEN RENTAL +33 (0)4 50 34 40 28 K6  
www.samoens.com info@samoens.com

## SCOOTER AND SOLEX RENTAL

X'TRÊME GLISSES +33 (0)4 50 89 82 30 K8  
www.xtremeglisses-samoens.com fogzz2@wanadoo.fr

## TOWN HALL

TOWN HALL +33 (0)4 50 34 42 38 M5

## CLEANING SOCIETY

CLEANNESS +33 (0)6 29 73 50 77 I11  
cleanness@orange.fr

## CYBERCAFÉ

WEBSAMOENS - INTERNET CAFÉ +33 (0)4 50 18 01 12 L6  
www.websamoens.fr websamoens@orange.fr  
Internet Café with computers and wireless access.

## EXCAVATION / SNOW REMOVAL

BEYTRISON & FILS SARL. +33 (0)4 50 34 40 45 R8

## COACH OPERATOR / TRANSPORT SERVICES

AUTOCARS S.A.T. +33 (0)4 50 37 22 13 K6  
sat-annemasse@orange.fr

## HEALTH SERVICES

CHEMIST DEFFAUGT-SANCHEZ +33 (0)4 50 34 40 10 L6

HEALTH SERVICES / DOCTOR +33 (0)4 50 34 41 88 L6

MEDICAL CENTRE L'EDELWEISS +33 (0)4 50 34 92 45 M6

DENTIST - COHEN PIERRE et  
FABIEN MEYNET +33 (0)4 50 34 14 55 M8

DENTIST - D<sup>R</sup> COUILLET +33 (0)4 50 34 47 52 M6

PHYSIOTHERAPIST  
BONHOMME LAURENT +33 (0)4 50 34 41 88 L6

PHYSIOTHERAPIST  
COPPO JULIEN +33 (0)4 50 34 41 88 L6

PHYSIOTHERAPIST  
GILBERT BERNARD +33 (0)4 50 34 44 97 L6

PHYSIOTHERAPIST  
GIRAUD VIOLAINE +33 (0)4 50 89 65 61 L6

OSTÉOPATH  
MANSUELLE SABINE +33 (0)6 16 45 26 37 K6

<http://sala-osteopathe.com/index.htm?T=0001&HO=9001>

## VETERINARY

DELACOSTE MAGALIE +33 (0)4 50 34 44 93 L7

List of Tourist Office members

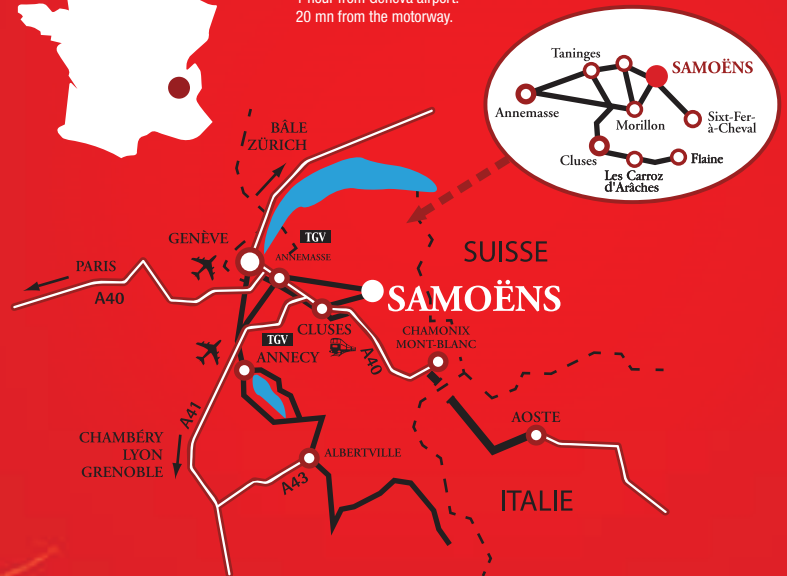


grand massif, 265 km of slopes

hope to see you  
next winter....



Easy access:  
1 hour from Geneva airport.  
20 mn from the motorway.



London - 934 km - 580 miles  
Cardiff - 1 182 km - 734 miles  
Edinburgh - 1 553 km - 965 miles  
Belfast - 1 563 km - 971 miles

Dublin - 1 397 km - 868 miles  
Calais - 823 km - 511 miles  
Geneva - 57 km - 35 miles  
Amsterdam - 1 057 km - 657 miles

Berlin - 1 198 km - 744 miles  
Rome - 873 km - 542 miles  
Bruxelles - 847 km - 526 miles



## tourist office

BP 42 - 74340 Samoëns  
Tel. +33 (0)4 50 34 40 28

Fax +33 (0)4 50 34 95 82

Email: [infos@samoens.com](mailto:infos@samoens.com)

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

[www.jeuxdelamontagne.com](http://www.jeuxdelamontagne.com) (your offers)

[www.laplacedugrostyleul.com](http://www.laplacedugrostyleul.com) (your webzine)

Summer from the 1<sup>st</sup> of July to the 31<sup>th</sup> of August.  
7/7 from 9 to 12.30 am and from 2.30 to 6.30 pm,  
except on Wednesday from 9 to 12.30 am  
and from 3.30 to 6.30 pm.

Notice that between the 14<sup>th</sup> of July to the 15<sup>th</sup> of August:  
Saturday from 9 to 12.30 am and from 2.30 to 7 pm.

## driving

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

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

## by train

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

## flying

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

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

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

## by taxi

**Baudet** - Tel. +33 (0)4 50 34 43 82  
[garage.baudet@wanadoo.fr](mailto:garage.baudet@wanadoo.fr)

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

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

**Grand Massif**  
Tel. +33 (0)4 50 34 90 90  
[www.taxis-du-grand-massif.com](http://www.taxis-du-grand-massif.com)

## by carrier

**Pativerdans transport**  
Tel./Fax +33 (0)4 50 34 15 55  
[transfers@pativerdans.com](mailto:transfers@pativerdans.com)

**Alps-direct.com**  
Tel. +33 (0)4 50 90 30 08  
+33 (0)6 12 98 12 50  
[www.alps-direct.com](http://www.alps-direct.com)

## our partners



Jumelage avec la Sardaigne.

Pamplemousse 04 50 10 2000

Photo Crédits: M. Dalmasso - NPS Studio - SNMSF  
T. Barillet - JF Tripelon - A. Gru - O. Lestien - Ecolorado -  
M. Meynet - Map: David Fert.

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Informations and prices given are a guideline only. Neither the Tourist Office nor the other agencies can be held responsible for any changes.