


summer 2012 

Sampoens

to fall in love with...

my village
with a big


heart



Haute-Savoie - Mont Blanc

my village...

Samoëns... There's so much to tell!

Footpaths, trails, guided tours, workshops - so many interactive ways of discovering, experiencing and remembering some of the heritage of the village or the breathtaking alpine scenery round about.

- Guided tours of the village, the Clos Parchet Museum, the Chapel Trail etc.
- Listed beauty spots like the Cirque du Fer à Cheval, Mont-Blanc, the Aiguilles du Criou, La Jaÿsinia alpine botanic garden
- Entertainment on Place du Gros Tilleul, Place de la Grenette etc.

A stone sculpture of a face, possibly a saint or a historical figure, is mounted on a pillar. The face is carved with a serene expression, looking slightly to the left. The background shows the Old Town Hall, a stone building with a wooden balcony and red flowers. A white heart and arrow graphic points from the left towards the sculpture. The text "full of Charm" is written in a white, cursive font on a semi-transparent rectangular background.

full of
Charm

Old Town hall

Gourmet goodies galore...

Fond of tickling those tastebuds?

Samoëns has so many great places to eat or buy takeaways to share with family or friends, food inspired by all the flavours that Mother Nature generously provides here.

Or you can just enjoy some timeless moments, and memories of unforgettable beauty.

- Almost 40 bars & restaurants and 15 artisans & food shops, providing a whole range of mouthwatering fare
- Home catering and takeaways, for great meals without the hassle
- Specialist institutes and centres for deep relaxation



A woman with her eyes closed and a serene expression is reclining in a wooden Adirondack-style chair. She is wearing a white top with a green geometric pattern and light-colored shorts. Her hands are resting on a book or tablet on her lap. The background is a lush, green outdoor setting with trees and a body of water, suggesting a peaceful lakeside or park environment. The text 'Lavish relaxation!' is overlaid in a white, handwritten-style font, with a white arrow pointing towards the woman's head.

↘ Lavish
relaxation!

On the water's edge...

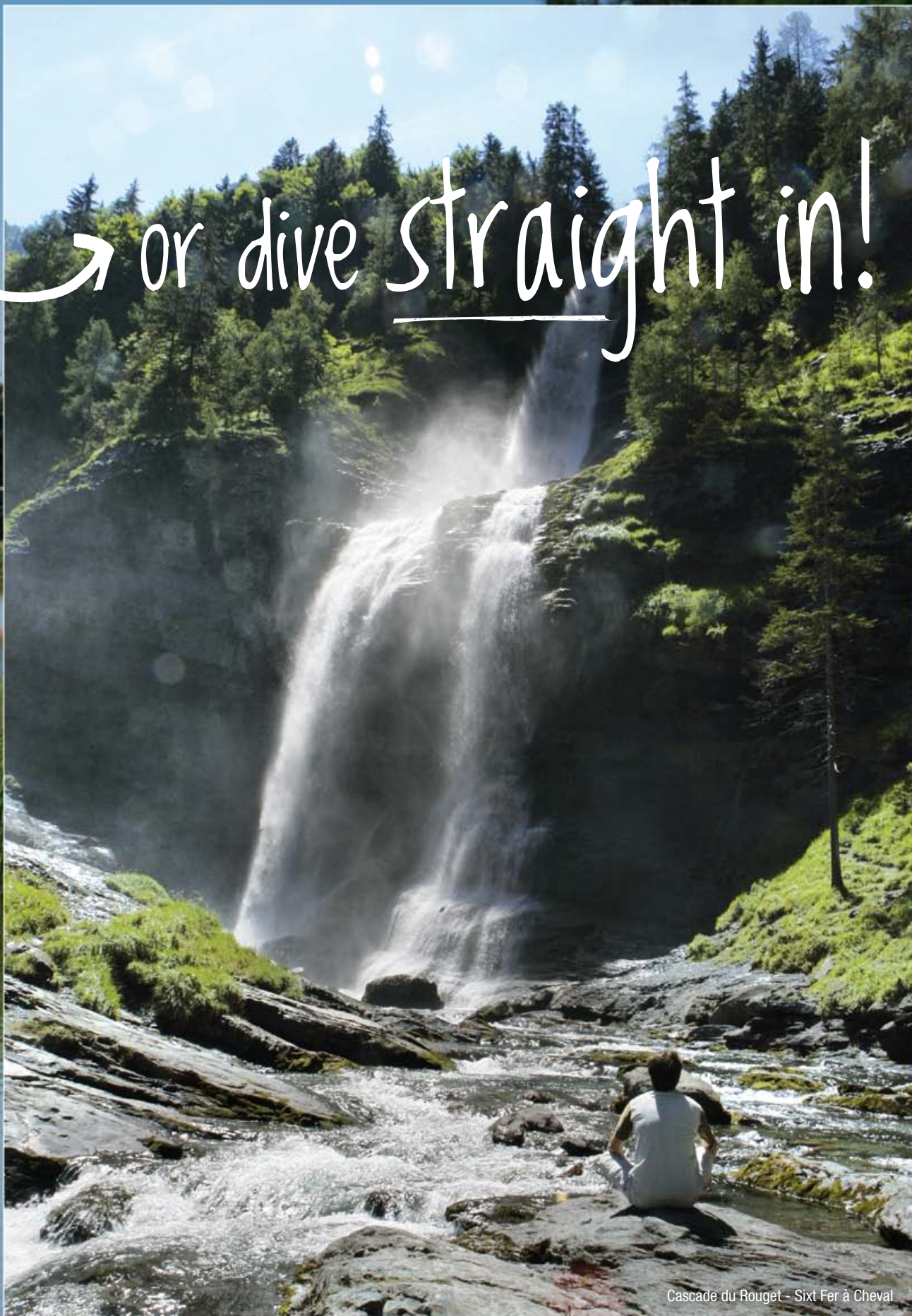
Circles in the water... and why not bubbles or a resounding "splash"?

In Samoëns, water comes in all sorts of forms, creating gentle enjoyment, peals of laughter and plenty of excitement.

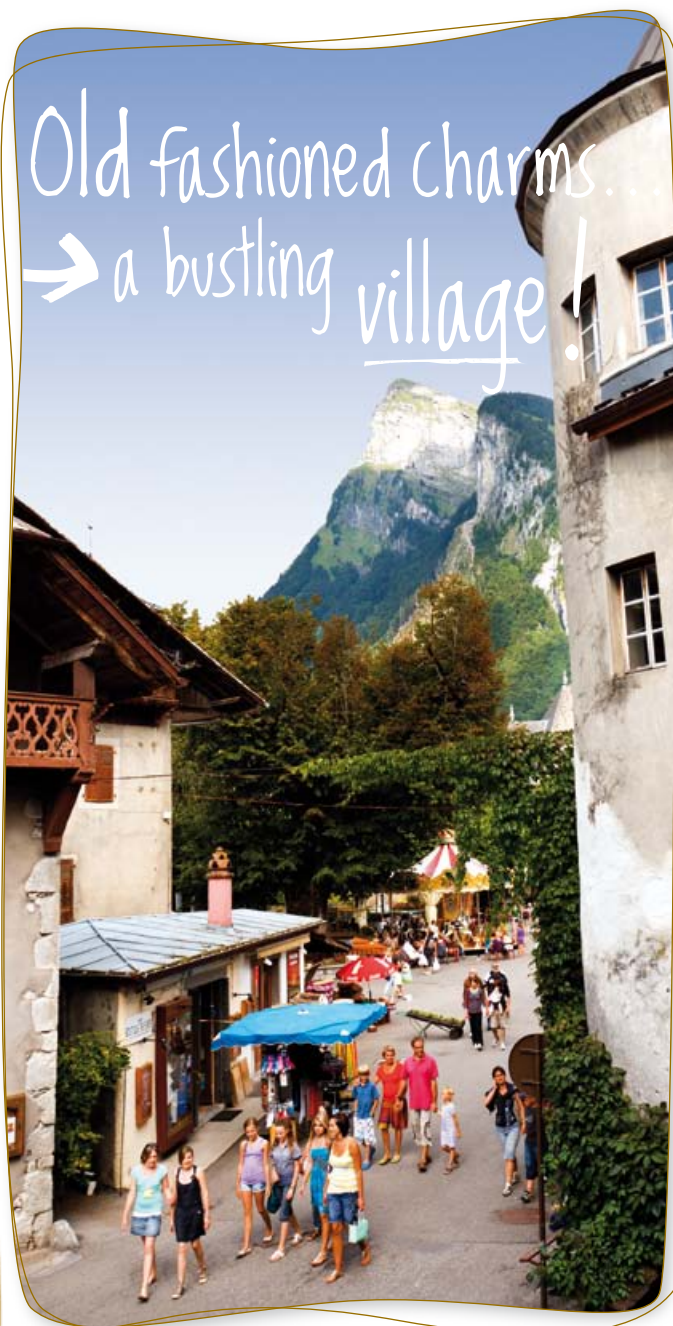
Whatever your choice, it's refreshing!

- Leisure complex at Lacs aux Dames
- Mountain lakes at Joux Plane and Gers
- Waterfalls on the Nant d'Ant and Rouget
- Giffre river and the "beaches" in Les Vallons Plain

→ or dive straight in!



Cascade du Rouget - Sixt Fer à Cheval



summary

SIGHTSEEING TREASURES	8
GENTLE MOUNTAIN	10
FAMILY REUNIONS	12
OUTDOOR RECREATION: THE LEISURE COMPLEX	14
WELLNESS	16
ADRENALINE	18
AT THE TOP	22
SHOPPING SPORT	23
EVENTS & GREAT OFFERS	24
USEFUL ADDRESSES	26
VILLAGE MAP	31

LA JAÏSINIA ALPINE BOTANIC GARDEN

L5

tél. **+33 (0)4 50 34 49 86**  chauplan@mnhn.fr

 possibility to book an electric wheelchair
(please contact Samoëns handiglisse - contact page 22)

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

Opening : from 01/05 to 30/09 : open every day
(from 8 am to midday and from 13:30 to 19 pm).

PRICES

Free.



GUIDED TOURS

GUIDED TOURS

K6

The guides from the Société des Maçons de Samoëns will show you the many faces of Samoëns, some well-known, others less so, through a range of different tours arranged throughout the summer e.g. the historic town, traditional villages and special-interest tours on woodworking, stone, the use of water, farming, Samoëns' famous historical figures, the development of tourism etc.

Dates and times available at the Tourist Office.

Apart from programmed tours, groups can book their own visits throughout the year.

PRICES

Adults: 4 €. 12-16 years old: 3 €. Children - de 12 years old: free. Groups: consult us.

INFORMATION & BOOKING Samoëns Tourist Office

tél. **+33 (0)4 50 34 40 28**  guidespatrimoinesamoens@gmail.com
(for groups)

 possibility to book a wheelchair
(please contact Samoëns handiglisse - contact page 22)

CLOS PARCHET FARM AND ECO-MUSEUM VISIT

C3

tél. **+33 (0)4 50 34 46 69**  www.le-clos-parchet.com
simone.dechavassine@orange.fr

Discover the history of a family from the Upper Giffre valley by visiting an authentic farm that houses a collection built up by Pierre and Simone Déchavassine. The visit ends with a free tasting session. Guided tour from 07/01 to 08/31/11 : every Tuesday, Thursday, Friday at 2.30 PM. Contact us directly for group rates. Summer courses: traditional Savoy songs, wood carving, water colour memories of holidays, traditional woodworking.

PRICES

Adults: 7 €. Children + 10 years old : 4,50 €. Children - 10 years old : free.

INFORMATION & BOOKING Samoëns Tourist Office



leisures

SAMOËNS MUNICIPAL MEDIA

LIBRARY

K5

tél. **+33 (0)4 50 34 95 77**

www.samoens-biblio.fr
bib.samoens@orange.fr



It is located on the ground floor of "Le Petit Bellevue" building where it occupies premises covering an area of 320 m². It provides documents on various media (CDs, DVDs, books, journals) and access to the Internet and OT software for subscribers.

PRICES

For further information, check out the media library website.

CRIOU CINEMA

SOCIÉTÉ CINÉMONDE

M6

tél. **+33 (0)4 50 34 41 40**

info@cinemonde.fr

+33 (0)4 50 79 04 17

Programme available at the Tourist Office, on your I-phone and on www.allocine.fr

TARIFS 2011 (à titre indicatif)

Adults: 8 €. Children: - 12 years old: 6,50 €. Senior + 65 years old: 7 €. Season tickets (5 admissions): 31 €.

WEBSAMOENS INTERNET CAFÉ

INTERNET CAFÉ

M6

tél. **+33 (0)4 50 18 01 12**

www.websamoens.fr

Internet Café with computers and WiFi access available 24h/24 on the Gros Tilleul Place. Bar without alcohol.

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. Guided tour on Monday in July and August at 10 am.

PRICES

Adults: 4 €. Children: 2 €.

INFORMATION & PRE-BOOKING
Samoëns Tourist Office

possibility of an accompaniment

BOTANY WALKS

During a nature ramble with a guide, you can find out more about the plants that grow on our mountainsides and their culinary, herbal and amusement values...

TARIFS

Adults: 12 €, discount on 2nd and subsequent tours ans at all times for Jaysinia Animata members of 2€. Half price from 6 to 18 years old: 6 €.

INFORMATION & BOOKING
Samoëns Tourist Office

tél. **+33 (0)4 50 34 40 28** Marilyne: +33 (0)6 50 62 53 70

SIGHTSEEING A DIFFERENT WAY

SEPTITRAIN TOURIST TRAIN

M6

tél. **+33 (0)6 10 40 83 08**

septiloisirs@aol.com

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

PRICES

Adults from 3 to 6 €. Children from 1,50 to 3 €. Booking compulsory.

DISCOVER SAMOENS IN A HORSE-DRAWN CARRIAGE

M6

Rides through Samoens in a horse-drawn carriage.

PRICES

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

INFORMATION

SARL Chevrot tél. **+33 (0)4 50 25 84 41** | +33 (0)6 08 82 69 30



A stone's throw
from the village ↓



Magnificent
panoramic views!

HIKING

• BUREAU DES GUIDES

K6

tél. +33 (0)4 50 34 43 12 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

Group adult (hour): 190 €	1/2 day: 105 €
Adults day : 24 €	1/2 day: 18 €
Children day: 19 €	1/2 day: 15 €.

• CAIRN

M6

tél. +33 (0)4 50 34 48 03

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

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

PRICES

Adult (individual): 16 € - Adulte (group): 700 €.

• ECOLORADO

P8

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

<http://ecolorado-rafting.fr/montagne/>
ecolorado.rafting@wanadoo.fr

- **Full-day outing in the Sixt nature reserve:** Grandiose scenery, mountain animals and a chance to go white water rafting down the River Giffre.
- **The Lake Trail:** a three-and-a half day walk ending with a raft river trip amid incomparable scenery dotted with lakes and karrens.
- **Les Dents Blanches hike:** a mountain trek around the Dents Blanches.

PRICES

Consult us.

• NUNAYAK

K8

tél. +33 (0)4 50 93 86 74
+33 (0)6 75 72 84 21

www.nunayak.com
contact@nunayak.com



Discover the mountains and their secrets with an expert in flora and fauna and his/her observation equipment. There's something for everybody, whether you're very fit or in a family group.

PRICES

Adults: from 19 to 27 € - Children : from 15 to 23 €. Special discounts (10 % off) for families, groups and multi-activity packages (rafting, canyoning, hydrospeed, canoe-rafting, airboat, via ferrata...)

• SUIVEZ LA TRACE

L6

tél. +33 (0)6 18 63 67 08

www.suivez-la-trace.com
lafalconiere@free.fr

Walks, nature discoveries and educational activities for school parties throughout the year.

- **Mountain lakes:** an alpine walk up to one of the many lakes in our valley.
- **Recognising wild mushrooms:** during a walk through the forest, you'll learn how to identify the main fungus families.

PRICES

- **Hiking:** group adult from 15 to 27 €. Adult from 15 to 25 €. child: 10 €.
- **Mountain lakes:** consult us.
- **Recognising wild mushrooms:** Adult 15 €.





WALKS IN THE MOUNTAIN, USING THE SKILIFTS

L8

tél. +33 (0)4 50 90 40 00

www.grand-massif.com/ete
contact@grand-massif.com

Thanks to the opening of skilifts this summer, you can go walking with your family and discover some different, breathtaking panoramic views with any strenuous effort beforehand.

refuges All refuges are opened from the 1st of July to the 31th of August (for any others periods, please contact the refuges).

Forget the idea that mountain huts are inaccessible. Some are less than two hours away by donkey - and the scenery will take you into a whole new world!



REFUGE ALFRED WILLS

tél. +33 (0)6 70 63 12 45

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

CAPACITY

53 pers.

Alpage d'Anterne - Sixt Fer à Cheval

REFUGE DU FOLLY

tél. +33 (0)4 50 90 10 91

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

CAPACITY

72 pers.

Samoëns

REFUGE DE BOSTAN

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

refugedebostan@gmail.com

CAPACITY

90 pers.

Samoëns

REFUGE LES FONTS

tél. +33 (0)4 50 34 12 41

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

CAPACITY

37 pers.

Sixt Fer à Cheval

REFUGE DE CHARDONNIÈRE

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

graverruaz@orange.fr

CAPACITY

20 pers.

Samoëns

GÎTE DU LAC DE GERS

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

CAPACITY

18 pers.

Samoëns

REFUGE DE LA GOLÈSE

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

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

CAPACITY

80 pers.

Samoëns

REFUGE DE SALES

tél. +33 (0)4 50 34 47 01

www.refugedesales.com

CAPACITY

56 pers.

Sixt Fer à Cheval

REFUGE DE GRENAIRON

tél. +33 (0)4 50 34 47 31

contact@grenairon.com
www.grenairon.com

CAPACITY

87 pers.

Sixt Fer à Cheval

REFUGE DE LA VOGELLE

tél. +33 (0)6 20 60 91 40

contact@refugedelavogelle.com
www.refugedelavogelle.com

CAPACITY

58 pers.

Sixt Fer à Cheval

Wonderful panoramas...

→ Easy
walks!

Welcome



services

NURSERY

3 mth
6 yrs

LOUPIOTS PLAYGROUP

K7

tél. **+33 (0)4 50 34 13 96** www.garderiesloupots.com
garderiesloupots@orange.fr

Minding children aged from 3 months to 6 years
(before the date of their 6th birthday).

PRICES

Full-day with lunch: 37,40 €. Half-day (8.30 am to 12.30 pm), morning + lunch:
24,20 €. Half-day (afternoon only, 1 pm to 6 pm): 22,50 €.

CHILDREN'S OUTDOOR ACTIVITY CENTRE

J5

tél. **+33 (0)4 50 34 42 38** mairiedesamoens@voila.fr

Minding children aged 6 to 12 years, with supervision
by qualified leaders.

PRICES

Consult us.

6 - 11
yrs

BABY EQUIPMENT RENTAL

0 - 3
yrs

J'AIME SPORT

K7

tél. **+33 (0)4 50 34 98 20** www.jaimesport.com
jaime.sport@wanadoo.fr

J'aime Sport has everything you need for children and babies - bottle
warmers, travel cots, strollers and skisuits.

NEIGE ET MONTAGNE

K6

tél. **+33 (0)4 50 34 40 90** www.neige-montagne.com
contact@neige-montagne.com

Hire of specific equipment.

PELLISSIER SPORTS TWINNER

L6

tél. **+33 (0)4 50 34 18 81** www.twinner-pellissier.com
info@twinner-pellissier.com

To make your life easier when you're holidaying with a little one, we hire
out all the equipment you need, including baby carriers.

PRICES

From 5 €.

BABY CHANGING

TOURIST OFFICE

K6

THE GRAND MASSIF EXPRESS CABLE CAR

L8

SAMOËNS 1 600

G13

The Tourist Office has set up a well-appointed baby changing room,
giving mothers a quiet place to attend to their little one.

activities

OUTINGS WITH A DONKEY

5-12
yrs

BUREAU DES GUIDES

K6

tél. **+33 (0)4 50 34 43 12**  www.guidesmontagnes.com
info@guidesmontagnes.com

Figaro and Crumble 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

Child: 24 € / day.

CAIRM

M6

tél. **+33 (0)4 50 34 48 03**  www.cairm-fr.com
cairm@cairm-fr.com

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

PRICES

From 25 €.

STÉPHANE FERRAND ACCOMPAGNATEUR LES ÂNES DU HAUT GIFFRE

I7

tél. **+33 (0)4 50 89 56 47**  www.anesduhautgiffre.com
+33 (0)6 26 97 59 54 contacts@anesduhautgiffre.com

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

PRICES

Adults: from 20 to 27 €. Children: from 15 to 20 €.

FAMILY NATURE RAMBLES IN THE UPPER GIFFRE VALLEY

Dès
6 yrs

SUIVEZ LA TRACE

L6

tél. **+33 (0)6 18 63 67 08**  www.suivez-la-trace.com
lafalconiere@free.fr

A family nature ramble for those who are curious about the natural environment!

PRICES

Adult 1/2 day: 15 € - Child 1/2 day: 10 €.

NATURE RAMBLE FOR CHILDREN

Dès 12
yrs

SUIVEZ LA TRACE

L6

tél. **+33 (0)6 18 63 67 08**  www.suivez-la-trace.com
lafalconiere@free.fr

Learning about nature, for children.

PRICES

Child: 12 €.

KIDS' OUTINGS

6-14
yrs

BUREAU DES GUIDES

K6

tél. **+33 (0)4 50 34 43 12**  www.guidesmontagnes.com
info@guidesmontagnes.com

Every wednesday with nature's session.

PRICES

From 19 € / day.

PEDAL CARS

ROLAND GAY SKI SET SKI SERVICES

L6

tél. **+33 (0)4 50 34 42 44**

Rosalie rental.

PRICES

From 6 €.

RENT AN ELECTRIC OR PETROL SCOOTER

X'TRÊME GLISSES

K8

tél. **+33 (0)4 50 89 82 30**  www.xtremeglisses-samoens.com
fogzz2@wanadoo.fr

Another way to discover the valley: rent an electric or petrol scooter.

famille plus

Samoëns, the great place that suits all ages



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



our intention: family suggestions
and comments on:
suggestions@familleplusmontagne.com

Outdoor activities



SWIMMING POOL

SWIMMING POOL

I8

tél. +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.

2011 PRICES (as a guidelines)

Adult: 4,60 € - Child: 3,60 € - Family 10 entries pass: 36 €
Week-end pass and season pass available.

♿ possibility with an accompaniment

GOLF ON THE WATER!

CLAUDE DELORME ENTREPRISE

H8

tél. +33 (0)6 18 09 80 04 ↗ golfsamoens@hotmail.fr

Practice tee over water and practice green.
Why not try out one of the few practice tees over water?

PRICES

Balls box: 2 € - Club or putter: 2 € - Green balls: 1 €. Contact us for group prices.

♿ possibility with an accompaniment

ADVENTURE PARK

INDIANA PARC

G9

tél. +33 (0)4 50 49 48 60 ↗ mob +33 (0)6 89 83 18 84

↗ www.indianaventures.com - info@indianaventures.com

Nature trail in the forest.

PRICES

Indiana Parc: 22€ (more than 135 cm) - Indiana Kids: 16€ (from 105 cm to 135 cm)
- P'tit Kids: 10€ from 2 years old - Grande tyroliennes: 5€.

TENNIS

COURT HIRE

I8

tél. +33 (0)4 50 34 94 36 ↗ tennisclubsamoens@gmail.com

6 outdoor courts. Court hire and tennis lessons.

PRICES

10 € / 1 hour in low season. 11 € / 1 hour (in summer).
Pay less - buy a booklet of tickets for 3 hrs and 5 hrs. 3hrs: 29 €.

♿ possibility with an accompaniment

TENNIS LESSONS

I8

tél. +33 (0)6 81 57 67 31 ↗ clre74@msn.com

Experience a new method of tennis coaching and equipment suited to each individual player. You'll progress towards the tennis of your dreams!

PRICES**GROUP COACHING**

(minimum 3 players; maximum 4/5 players per court).
"Classes for Littlies", ages 5 to 7: 80 € - 1 hr / day for 4 days (total of 4 hrs).
"Classes for Juniors", ages 8 to 14: 115 € - 1½ hrs / day for 4 days (total of 6 hrs).
"Classes for Adults", ages 15+: 130 € - 1½ hrs / day for 4 days (total of 6 hrs).

PRIVATE LESSONS

Private lesson, 1 hr (1 or 2 pers.) : from 30 € depending of the age.
3 hours (1 or 2 pers.) : from 60 € depending of the age.





→ Tranquillity
guaranteed!



OUTINGS WITH A PONY

SEPTIPONEYS

G8

tél. +33 (0)6 03 57 17 01 www.poneysamoens.sitew.com
edelmæva@gmail.com

Walking with ponies for children aged 3 to 10 around the leisure base of Lac aux Dames.

PRICES
5 € / 15 min. - 9 € / 30 min.



PAINT BALL

INDIANA'VENTURES

G9

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

www.indianaventures.com - info@indianaventures.com

Excel yourself! Experience the adrenalin rush!

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

PLAYGROUND

An extensive children's playground (slide, swing etc.) is located at the centre of the site. There are also sports grounds (football, basketball) for adolescents.

PRICES
Free.

JUMPING ZONE

SEPTILOISIRS

I8

tél. +33 (0)6 10 40 83 08 septiloisirs@aol.com

Bungee trampoline and bouncy castle.

PRICES
5 €.

BOULES PITCH...

AT LAC AUX DAMES

I9

And also...

BESIDE THE CINEMA

M6

OF PAS AUX LOUPS

L9

Open-air boules pitch in the leisure complex.

PRICES
Free.

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).

And also...

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.**

the leisure complex...
is also:

LE BOIS AUX DAMES

MAIRIE DE SAMOËNS

I8

tél. +33 (0)4 50 89 71 18 www.mairiedesamoens.fr
leboisauxdames.mairiedesamoens@orange.fr

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

Information and bookings on request.

Listen to
your feelings...

Find the real you!

ATMOSPHERE, MASSAGES FROM AROUND THE WORLD

LORIOT MARIE ATMOSPHERE

L8

tél. +33 (0)6 82 91 68 04  atmosphere.marie@gmail.com

Wellness massage:

Relaxation and well-being massages of different tradition origins (Indian, Hawaiian, Balinese, Thai...) performed on the bare skin with warm oils enriched with essential oils.

PRICES

55 € / 1 hour. 30 € / 30 min.



MOUNTAIN - HIKE - WELLNESS

« QUINTESSENCE » CLAIRE PHILIPCZYK

tél. +33 (0)6 72 62 24 64  www.nature-quintessence.fr
philipczyk@free.fr

- **Afghan walking:**
Synchronize his breathing with the rhythm of his footsteps for a refreshing walk. **Adult (1/2 day): 20 €. Adult (day): 30 €.**
Child (1/2 day): 9 €. Child (day): 12 €.
- **The mountain and your five sens...**
I suggest you using your senses to recognize the specificities of Nature. **Adult: 30 €. Adult (1/2 day): 20 €. Child (1/2 day): 9 €. Child (day): 12 €.**
- **The Sensory:**
Rejuvenating and relaxing. This treatment uses essential oils to harmonize and immerse the body and mind, resulting in a sense of well being in all its dimensions both physical and mental. **Adult: from 30 to 55 €. Adult (hour): 55 €.**
- **Listening to your body:**
Intuitive massage. **Adult (hour): 55 €.**

NORDIC WALKING

BUREAU DES GUIDES

K6

tél. +33 (0)4 50 34 43 12  www.guidesmontagnes.com
info@guidesmontagnes.com

A technique that stimulates cardiovascular activity and spreads body weight during physical effort. Enjoy the friendly atmosphere and a physical activity that can be carried out on all types of terrain.

PRICES

Adult: 14 € (2 hours).

BEAUTY CARE AND RELAXING MESSAGES

OXALIS INSTITUT

M6

tél. **+33 (0)4 50 54 22 40**  www.samoens-esthetique.com
contact@samoens-esthetique.com

Facials and body beauty treatments in a salon on the main village square. Relaxing massages and hot stones.

PRICES

Introductory beauty care (facials and massages) from 30€.



FIFINE - ENTRE BULLES ET FLOCONS

L8

tél. **+33 (0)4 50 34 10 29**  www.latabledefifine.com
+33 (0)6 30 33 04 65 nachez@table-fifine.com

Our beautician provides a wide range of beauty treatments at very reasonable prices - facials and body treatment (waxing, wraps, steam room, massages, outdoor jacuzzi), hand care, pedicures and gel nails.

PRICES

Consult us.

Ô DES CIMES

L7

tél. **+33 (0)4 50 78 01 77**  www.cgh-residences.com/hiver/spas-et-beaute.html
reine@mgm-immobilier.fr

Enjoy the delights of Ô Des Cimes mountain spa. It's a unique high-altitude spa, a well-kept secret that appeals to the emotions. Try superb care packages such as our "Champion Antoine Deneriaz Treatment", the ideal way of relaxing after a day's skiing.

PRICES

Consult us.



BEAUTY AND WELLNESS

NATUR'ELLE

L7

tél. **+33 (0)6 15 37 17 68**  angelik_perrier@yahoo.fr
www.naturelle-samoens.com

An invitation to relax and enjoy a sense of well-being...

PRICES

Consult us.

HATHA YOGA SESSION USING THE EVA RUCHPAUL TECHNIQUE

FLOQUET ISABELLE

L8

tél. **+33 (0)6 23 46 72 20**  zazou9@neuf.fr

What is Hatha Yoga? It's a means of getting to know oneself better by taking up postures while breathing at the appropriate speed. At the end of the session, the body is relaxed yet invigorated, and stress has totally disappeared.

PRICES

1 hour: 12 €.



earth

ROCK CLIMBING

BUREAU DES GUIDES

K6

tél. +33 (0)4 50 34 43 12  www.guidesmontagnes.com
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

Group 1/2 day adult: 38 € - Child: 32 €.
Junior training (5 1/2 days + one day): Group child: 201 €.
Adult training (5 1/2 days): Adult: 171 €.
Expert training: 210 €.

CAIRN

M6

tél. +33 (0)4 50 34 48 03  www.cairn-fr.com / cairn@cairn-fr.com

Climbing in and around the Giffre valley.

PRICES

16 €/adult or 700 €/group adult.

CHRISTOPHE REZETTE MOUNTAIN GUIDE

L8

tél. +33 (0)6 17 60 69 09  www.guides-alpes.com /
cerzette@aol.com

Whether you're a beginner or a more experienced climber, you can learn in complete safety on the cliff faces at Les Tines then at La Dalle du Tuet. Various possibilities: courses, group lessons, individual tuition etc.

PRICES

Full day: 300 € (6 pers. max.) 1/2 day/ pers.: 35 € / adult. and 30€ /child.

QUAD BIKING

J'AIME SPORT

L7

tél. +33 (0)4 50 34 98 20  www.jaimesport.com /
jaime.sport@wanadoo.fr

Quad biking: exclusive in Samoëns! Ride through the Giffre Valley and the surrounding areas on a quad bike!

Quad biking for families: Exclusive to Samoëns! See the Valley from the banks of the Giffre on a quad bike, with the children behind you!

PRICES

Quad biking: adult from 50 to 115 €. Quad biking for family: adult from 50 to 95 €.

POTHOLING

BUREAU DES GUIDES

L7

tél. +33 (0)4 50 34 43 12  www.guidesmontagnes.com
info@guidesmontagnes.com

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

PRICES

1/2 day adult: 40 €. Child: 37 €.
Special offers for groups.

CAIRN

M6

tél. +33 (0)4 50 34 48 03  www.cairn-fr.com /
cairn@cairn-fr.com

An unforgettable day or course!

PRICES

16 €/pers. or 700 €/group.

MOUNTAIN BIKE LEISURE COMPLEX, LES BEULES

MAIRIE DE SAMOËNS

N8/O8

tél. +33 (0)4 50 34 42 38  www.mairiedesamoens.fr

Les Beules MTB leisure park - Workshops for fun.

PRICES

Free.

MOUNTAIN BIKING WITH A GUIDE

ANTHONIOZ SKI

L6

tél. +33 (0)4 50 34 93 67  www.anthonioz-ski.com
contact@anthonioz-ski.com

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

PRICES

Rent and accompaniment. Adult: from 24,20 to 50 €. Child: from 18,90 to 24,20 €.

BUREAU DES GUIDES

K6

tél. +33 (0)4 50 34 43 12  www.guidesmontagnes.com
info@guidesmontagnes.com


Mountain biking in the "Grand Massif" and the "Portes du soleil".

PRICES

Adult (1/2 day): 20 €. Adult (day): 35 €.

J'AIME SPORT

L7

tél. +33 (0)4 50 34 98 20  www.jaimesport.com
jaime.sport@wanadoo.fr

Mountain biking in the Giffre valley.

PRICES

GROUPS: adult: 15 €. Child: 10 €. INDIVIDUALS: adult: 1/2 day: from 10 to 30 € - Day: from 18 to 50 €. Child: 1/2 day: from 6 to 10 € - Day: from 8 to 12 €.

Opening of the ski lifts

Now 169 km of trails!

DOWNHILL MOUNTAIN BIKING




Explore a larger mountain biking area on the Grand Massif when the skilifts open this summer. You're bound to enjoy an adrenalin rush with a 1,400-metre drop in altitude between the Tête de Saix and Samoëns or Morillon (the lowest points in the biking area) and a choice of black, red or blue trails. Be one of the first to access all the new trails - natural pathways in a range of different environments.

GRAND MASSIF MOUNTAIN BIKING SCHOOL

BIKE SCHOOL MCF

K9

tél. +33 (0)6 76 04 26 89  loul74@hotmail.fr
+33 (0)4 50 89 82 30

Mountain biking in various forms - downhill, free ride, making use of the ski lifts. Beginners to experienced riders.

PRICES

Adult (1/2 day): from 25 to 39 €. Adult (hour): 39 €. Adult (day): from 40 to 54 €.



VIA FERRATA

BUREAU DES GUIDES

K6

tél. +33 (0)4 50 34 43 12

www.guidesmontagnes.com
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

Adult (1/2 day): from 39 to 55 €. Adult (day): 65 €. Child (1/2 day): from 38 to 54 €.

CAIRN

M6

tél. +33 (0)4 50 34 48 03

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

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

PRICES

Adult (1/2 day): from 39 to 55 €. Adult (day): 65 €. Child (1/2 day): from 38 to 54 €.

CHRISTOPHE REZETTE MOUNTAIN GUIDE

L8

tél. +33 (0)6 17 60 69 09

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

Via Ferrata of Sixt, La Colombière, Avoriaz. We have a bus. For quality maxi 6 people.

PRICES

Via du mont: 35 €/pers. - Group: 150 €/6 pers. max.

NUNAYAK

K8

tél. +33 (0)4 50 93 86 74
+33 (0)6 75 72 84 21

www.nunayak.com
http://alpes-rafting.com

Come and try the Via Ferrata des Monts! You'll be climbing high above the fabulous Tines Gorge on the outskirts of Sixt Fer à Cheval.

PRICES

Adult : from 39 to 42 €. Special offers (-10 %) for families, groups and multi-activity (rafting, canyoning, hydrospeed, canoë-raft, airboat, via ferrata...).

air

MAIDEN FLIGHTS IN HELICOPTER

MONT-BLANC HÉLIPTÈRE

tél. +33 (0)4 50 74 22 44
+33 (0)4 50 98 78 00

www.mbh.fr
info@mbh.fr

Maiden flights in a helicopter from Samoëns.

PRICES

Trial flight: from 190 to 290 €.

TRIAL PARAGLIDING FLIGHT

AIRONE PARAPENTE - DIDRICHE ERWAN

tél. +33 (0)6 85 74 03 87

www.aironeparapente.com
erwan@aironeparapente.com

Accompanied by a fully-qualified instructor, enjoy a tandem paragliding flight. AirOne Parapente also provides courses for people with all levels of skill.

PRICES

Maiden flight: 75€. Flight for pleasure: (min. 45 minutes) : 120 €. Tandem flight course (5 dual control flights + 1 flight for pleasure) = 470 €. Child flight (less than 12 years old) = 60 €. Learning flight (with dual control) = 90 €. Prices for groups (min. 3 person) : contact us.

PÉGASE AIR SAMOËNS

I7

tél. +33 (0)4 50 34 95 80
+33 (0)6 07 14 94 24

www.parapente-samoens.com
courrier@parapente-samoens.com

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

PRICES

Adult: from 75 to 120 €. Child: 70 €.



LES TONTONS VOLANTS

K9

tél. +33 (0)6 20 30 75 53
+33 (0)4 50 89 82 30

www.samoens-parapente.com
dadoorol@voila.fr
chabert.o@wanadoo.fr



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

PRICES

From 65 €.

PARAGLIDING COURSES

PÉGASE AIR SAMOËNS

I7

tél. +33 (0)4 50 34 95 80
+33 (0)6 07 14 94 24

www.parapente-samoens.com
courrier@parapente-samoens.com

Since 1973, Pégase has been the leading provider of paragliding courses for all levels - and it's accredited by the French Paragliding Federation.

PRICES

Set price group adults: from 500 to 530 €. Day: 120 €.



water

AIRBOAT

ECOLORADO

P8

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

www.ecolorado-rafting.com
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 adult: 35 €. Group child: from 29 to 34 €. Individual: 39 €.

J'AIME SPORT

L7

tél. +33 (0)4 50 34 98 20

www.jaimesport.com
jaime.sport@wanadoo.fr

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

PRICES

Individual adult from 32 to 36 €. Individual child from 28 to 32 €.

NUNAYAK

K8

tél. +33 (0)4 50 93 86 74
+33 (0)6 75 72 84 21

www.nunayak.com
http://alpes-rafting.com

An airboat is an inflatable single-seater kayak that moves rapidly through the water as if you were on skis.

PRICES

Adult: from 38 to 40 €. Special offers (-10%) for families, groups and multi-activity (rafting, canyoning, hydrospeed, canoë-raft, airboat, via ferrata...).

INFLATABLE CANOEING

ECOLORADO

P8

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

www.ecolorado-rafting.com
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

Set price group adults: 39 €. Set price group children: from 29 to 34 €. Group 1/2 day: 35 €. Group child (day): 60 €.

J'AIME SPORT

L7

tél. +33 (0)4 50 34 98 20

www.jaimesport.com
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

tél. +33 (0)4 50 93 86 74
+33 (0)6 75 72 84 21

www.nunayak.com
http://alpes-rafting.com

An ideal 2-seater inflatable craft in which to learn about river running techniques. A great trip for 2 on the River Giffre.

PRICES

Adult: from 38 to 40 €. Special offers (-10%) for families, groups and multi-activity (rafting, canyoning, hydrospeed, canoë-raft, airboat, via ferrata...).

CANYONING

BUREAU DES GUIDES

K6

tél. +33 (0)4 50 34 43 12

www.guidesmontagnes.com
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

Adult (1/2 day): from 43 to 51 €. Adult (day): 68 €
Enfant (1/2 day): from 40 to 45 €.

CAIRN

M6

tél. +33 (0)4 50 34 48 03

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

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

PRICES

16 €/pers. or 700 €/group.

NUNAYAK

K8

tél. +33 (0)4 50 93 86 74
+33 (0)6 75 72 84 21

www.nunayak.com
http://alpes-rafting.com

Get away from everyday life, whatever your age. Slides, jumps, swimming and abseiling down through tumbling rivers sculpted by the water from the mountains.

PRICES

Adult: from 43 to 65 € - Child: from 39 to 43 €. Special offers (-10%) for families, groups and multi-activity (rafting, canyoning, hydrospeed, canoë-raft, airboat, via ferrata...).



HYDROSPEED

ECOLORADO

P8

tél. **+33 (0)4 50 34 45 26**  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 1/2 day: 35 €. Group child: from 29 to 34 €. Adult: from 41 to 44 €. Child: from 35 to 39 €.

J'AIME SPORT

L7

tél. **+33 (0)4 50 34 98 20**  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 adult from 30 to 32 €. Group child from 28 to 30 €. Individual adult from 34 to 40 €. Individual child from 28 to 30 €.

NUNAYAK

K8

tél. **+33 (0)4 50 93 86 74**  contact@nunayak.com
+33 (0)6 75 72 84 21 www.nunayak.com
<http://alpes-rafting.com/>

Go with the flow! Equipped with a float, flippers and a reinforced wetsuit, you'll get the adrenalin pumping!

PRICES

Adult (day): from 39 to 42 €.

WATER SKIING

ROLAND GAY SKI SET SKI SERVICES

M6

tél. **+33 (0)6 15 77 11 44**  rgski74@orange.fr
+33 (0)6 20 54 40 97

Water skiing in the midst of the mountains!

PRICES

Consult us.

RAFTING

ANOOK « MONTAGNE ET RIVIÈRE »

tél. **+33 (0)6 25 70 37 08**  septirando@hotmail.fr

 www.randonnee-rafting-repas-vourte-haute-savoie.com

The thrills of rafting and a chance to sleep in a Mongolian yurt. Evening meals available with advanced booking.

PRICES

Consult us.

ECOLORADO

P8

tél. **+33 (0)4 50 34 45 26**  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 adult: 32 €. Group child: from 23 to 26 €. Adult (1/2 day): 36 €. child: 27 €.

J'AIME SPORT

L7

tél. **+33 (0)4 50 34 98 20**  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 adult from 28 to 32 €. Group child from 22 to 28 €. Individual adult from 30 to 35 €. Individual child from 26 to 28 €.

NUNAYAK

K8

tél. **+33 (0)4 50 93 86 74**  www.nunayak.com
+33 (0)6 75 72 84 21 <http://alpes-rafting.com> 

Discover the joys of going down a river with family or friends. An instructor will show you how to take on the rapids safely.

PRICES

Adult: from 36 to 65 €. Special offers (-10%) for families, groups and multi-activity (rafting, canyoning, hydrospeed, canoë-raft, airboat, via ferrata...).

ADULT, CHILDREN, TEENAGER'S MULTI-ACTIVITES WEEK

BUREAU DES GUIDES

M6

tél. **+33 (0)4 50 34 43 12**  www.guidesmontagnes.com
info@guidesmontagnes.com 

The Bureau des Guides offers one week multi-activity adult, two formulas for child, teenagers and adults.

PRICES

Child: 146 €. Teenager: from 149 to 185 €. Adult: from 186 to 198 €.

NUNAYAK

K8

tél. **+33 (0)4 50 93 86 74**  contact@nunayak.com
+33 (0)6 75 72 84 21 www.nunayak.com

Don't delay - come and find out about our "Individual Multisports" offers for weekends or full weeks.

PRICES

'A la carte'. Special offers (-10%) for families, groups and multi-activity (rafting, canyoning, hydrospeed, canoë-raft, airboat, via ferrata...).

VIA CORDATA ALPINA

• BUREAU DES GUIDES

K6

tél. +33 (0)4 50 34 43 12  www.guidesmontagnes.com
info@guidesmontagnes.com

A good training venue. The route combines climbing and walking.

PRICES

Adult: 100 €. Teenager: 100 €.

HIGH-ALTITUDE HIKING

• BUREAU DES GUIDES

K6

tél. +33 (0)4 50 34 43 12  www.guidesmontagnes.com
info@guidesmontagnes.com

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

PRICES

Collective outing or private outing.

• CAIRN

M6

tél. +33 (0)4 50 34 48 03  www.cairn-fr.com
cairn@cairn-fr.com

Want to get higher up in the mountains? Le Cairn and its guides will take you up to the most beautiful summits.

PRICES

From 16 €.

• CHRISTOPHE REZETTE MOUNTAIN GUIDE

L8

tél. +33 (0)6 17 60 69 09  www.guides-alpes.com
cerezette@aol.com

From ice walking to more technical climbs, the upper mountain slopes are accessible to all.

PRICES

Consult us.

MOUNTAINEERING COURSE

• BUREAU DES GUIDES

K6

tél. +33 (0)4 50 34 43 12  www.guidesmontagnes.com
info@guidesmontagnes.com

High-altitude courses: "Mont-Blanc" courses: 5 days, 2 people, 1 guide.
 "The peaks of the Upper Giffre": 4 days, 3 people, 1 guide.

PRICES

865 € / person (supervision fees).

• CHRISTOPHE REZETTE MOUNTAIN GUIDE

L8

tél. +33 (0)6 17 60 69 09  www.guides-alpes.com
cerezette@aol.com

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

PRICES

Full day: 300 € maxi 6 persons.

GLACIER TREKKING

• BUREAU DES GUIDES

K6

tél. +33 (0)4 50 34 43 12  www.guidesmontagnes.com
info@guidesmontagnes.com

Trekking, 2 or more days. Walks for experienced hikers with nights in mountain huts.

PRICES

Consult us.



samoëns for the disabled



Samoëns has located **the best accommodation**, restaurants, public services, sports and cultural activities, shops and healthcare services just for you, to help you organise your stay. Get the best out of your holiday and enjoy yourself thanks to these easy-to-access facilities.

All through our brochure, you'll see the logo indicating the accessible services that we have already found for you. You can also check out the information on our website:

www.samoens.com

Contact the Tourist Office today and ask for our "Samoëns for All" brochure, or download it from our website. You'll find the most accessible amenities and services, whatever your disability.

SAMOËNS HANDI-GLISSE

tél. +33 (0)6 80 66 55 60
 +33 (0)6 17 93 62 72

 www.samoens-handiglisse.com
michel.veysy@laposte.fr
davergne.xavier@neuf.fr

The Samoëns Handi-Glisse Association can **help you organise your stay**. It offers the following:

- assistance with your activities,
- free loan of equipment:
 - 1 joëlette (wheelchair)
 - 1 paragliding seat
 - all-terrain wheelchairs (quad-X)
 - beach wheelchair
 - 1 Cimgo (all-terrain tandem)
 - electric wheelchair


Activities available: outings in an all-terrain wheelchair, joëlette or Cimgo (all-terrain tandem).

PRICES

Consult us.

A THOUSAND AND ONE PEAKS

tél. +33 (0)6 83 19 16 14

 www.trekycimes.com

We organise and adapt excursions in the mountains, with or without special equipment, so that "the mountains are accessible to all" i.e. joëlette, cimgo (all-terrain tandem), all-terrain wheelchair, specially-adapted hikes, climbing, via ferrata and canyoning.

PRICES

Consult us.

ANTHONIOZ SKI

L6

tél. +33 (0)4 50 34 93 67

www.anthonioz-ski.com
contact@anthonioz-ski.comSale and hire of summer sports equipment.
Mountain biking guide for all levels (learn DH techniques).

Provide activities: rafting.

INTERSPORT

K5 / L6

tél. +33 (0)4 50 34 40 51
+33 (0)4 50 34 95 73www.samoens-intersport.com
contact@samoens-intersport.comSports specialist in Samoëns since 1961. Sports clothes
and equipment - Ready-to-wear range - Equipment hire.**J'AIME SPORT**

L7

tél. +33 (0)4 50 34 98 20

www.jaimesport.com
jaime.sport@wanadoo.frSale and hire of white water equipment, mountain bikes
and quad bikes in the summer.**NEIGE ET MONTAGNE**

K6

tél. +33 (0)4 50 34 40 90

www.neige-montagne.com
contact@neige-montagne.com

Mountain equipment hire, sports clothes and pushchairs.

**PASSION GLISSE
SPORT 2000**

K6

tél. +33 (0)4 50 34 42 14

www.passionglisse.sport2000.fr
sport2000.samoensvillage@wanadoo.fr

Mountain bike hire and sale of Oxbow clothing.

PELLISSIER SPORTS TWINNER

L6

tél. +33 (0)4 50 34 18 81

www.twinner-pellissier.com
info@twinner-pellissier.comThe world of mountain sports and a team of enthusiastic
specialists has been serving customers here since 1927.
Equipment sale and hire. Not forgetting our boutique corner.**ROLAND GAY
SKI SET SKI SERVICES**

L6

tél. +33 (0)4 50 34 42 44
+33 (0)4 50 34 43 39www.skiset.com
www.skiservice-samoens.com
rgski74@orange.fr

Rental and sale of mountain bikes.

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

**SAMOËNS SPORTS**

L6

tél. +33 (0)4 50 34 96 39

www.samoens-sports.fr
samoens_sports@yahoo.fr

Sell equipment.

SPORT EXPÉRIENCE

K9

tél. +33 (0)4 50 34 90 36

www.jaimesport.com
jaime.sport@wanadoo.frNew store opposite the Grand Massif Express cable car. At your
service: heated lockers at the Grand Massif Express terminus.**X'TRÊME GLISSES**

K9

tél. +33 (0)4 50 89 82 30

www.xtremeglisses-samoens.com
fogzz2@wanadoo.frHire, repair and sale of bikes, mountain bikes, DH descent bikes,
road bikes. Hire of via ferrata equipment and scooter. Qualified
instructor for mountain and descent biking. Trial paragliding flights
2-seaters with qualified instructors.

Provide activities: paragliding, mountain bike, rafting, bike school MCF.

activities provider

**INTERNATIONAL SKI SCHOOL
ZIG ZAG**

tél. +33 (0)6 31 20 44 10

www.zigzagski.com
info@zigzagski.comProvide activities: summit Mont-Blanc 4,810 m, paragliding,
canyoning, rock climbing, design your own alpine adventure,
sensational day combos, my first high mountain steps:
climbing and walking on a glacier, my first 4,000 m
(alpinism / high mountain), hiking, caving, via ferrata.

cultural events

June 2nd & 3rd

For lovers of botany and books about the mountains

Botany days



For the fourth year running, enjoy a stroll and a diverse programme of events in and around the Jaÿsinia alpine botanic garden. There are tours of the garden, exhibitions, round table discussions, a botany book fair and a mountain plants market.

From the 14th to the 20th July, 2012

Samoëns' 5th International
Sculpture Symposium!

sculpture symposium



To celebrate its tenth anniversary, Samoëns International Sculpture Symposium will again be combining talent and emotion. The village will play host to 6 talented, internationally famous stone carvers.

From the 15th to the 29th July, 2012

Europa Musa

the summer Opera Academy



This summer, Samoëns will welcome the «Europa Musa» Summer Opera Academy from the Opera Studio in Geneva, including an internationally famous symphony orchestra, musicians and soloists.

This summer

choeurs de France



400 chorus-singers perform songs: the biggest success of french songs.



5th édition Les Pépites

This summer



This summer, Samoëns are welcoming up-and-coming talents. For the fifth year running, local people, students, volunteers and professionals come together to put on fantastic open-air shows.

discover the 2012 selection in spring on
www.festival-lespépites.com

More special events:

June 23th and 24th

Enduro Series MB "Coupe de France".

July 6th, 7th and 8th

Samoëns American Festival

For 3 days, Samoëns lives like country...

July 21st and 22nd

Dré dans l'pentu Mountain bike race.

August 1st

The Lake festival

Animations and surprises throughout the day, with a concert and a dazzling fireworks display over the lac aux Dames.

August 25th

La Rioule

Local folklore through traditional games, and a spectacular light and fireworks display on Le Criou...

Looking for GREAT OFFERS?
Winter or summer, have the reflex

→ Smart Samoëns

Your holidays in one click!



Get full information
online

Discover our
"last minute specials"

- Holidays,
- All-in packages: relaxation, multi-activities, specials for seniors and kids etc.
- Shorts breaks,
- Themed holidays,

Stay tuned...

for a successful holiday in the mountains!

Visit our website

www.samoens.com/samoensfute

and save time by sending your request online.



BARS

CAFÉS / BARS

- AU PRÉ D'OSCAR** - Samoëns 1600 **+33 (0)4 50 53 71 57** **G13**
+33 (0)6 64 93 65 42
gallet.michel@hotmail.fr
 At the Grand Massif Express terminus. Vast sunny terrace and 360° view.
- BAR LOUNGE - LE BOIS DE LUNE** **+33 (0)4 50 34 18 02** **J5**
www.leboisdelune.com boisdelune@live.fr
 Enjoy a pleasant moment together.
- LA BRASSERIE DU LAC** **+33 (0)4 50 93 33 45** **I8**
serveur9@yahoo.fr
 Terrace with view of the lake and the Criou.
- CHALET L'AÉRO** - Samoëns 1600 **+33 (0)4 50 18 00 21** **G13**
+33 (0)4 50 54 73 79
www.aero1607.com contact@aero1607.com
 At Samoëns 1600 in a wonderful setting with panoramic view of the Giffre Valley. At the start of the mountain bike trails, 8 minutes from the GME.
- COVEY'S IRISH PUB** **+33 (0)4 50 18 21 15** **L7**
www.coveysirishpub.com info@coveysirishpub.com
 A real Irish pub, run by Irish people !
- LE SAVOIE BAR** **+33 (0)4 50 34 94 43** **M6**
www.savoiebar.com leboss@savoiebar.com
 What better place to while away the time !
- LOU CABOËNS** - Samoëns 1600 **+33 (0)4 50 91 61 87** **G13**
 Let yourself be "carried away" by an ambiance full of smiles.

RESTAURANTS

RESTAURANTS

- AU RELAIS SEPTIMONTAIN** **+33 (0)4 50 34 42 19** **K5**
www.relais-septimontain.com relais.septimontain@orange.fr
 Traditional and Savoie dishes carefully and lovingly prepared by a true chef. Numerous regional specialities, typical Savoie cooking, traditional fare and modern cuisine, from starters to the home-made desserts.
- BRASSERIE DU LAC** **+33 (0)4 50 93 33 45** **I8**
 Terrace with view of the lake and the Criou.
- LA CLARINE** **+33 (0)4 50 34 40 11** **L6**
 Choose from a wide range of local specialities in a typical Savoyard setting. Quiet, shady terrace.
- LA FANDIOLEUSE** **+33 (0)4 50 34 98 28** **L6**
 Savour pancakes and unusual Savoy specialities called 'à la mode des Frahans' in a setting typical of Samoëns' stone cutters, a few steps from Place du Gros Tilleul.
- LA GRIGNOTERIE** **+33 (0)4 50 34 92 96** **L7**
www.lacour-residences.com residence-la-cour@wanadoo.fr
 The outside garden restaurant has a covered terrace where you can be served salads, grilled meat and Savoy specialities. The outside restaurant is only open in July and August.
- LA LOUISIANE** **+33 (0)4 50 34 42 83** **M6**
la-louise@orange.fr
 Pizzeria - traditional restaurant - Savoy specialities.
- LA TABLE DE FIFINE** **+33 (0)4 50 34 10 29** **L8**
www.latabledefifine.com nachez@table-fifine.com
 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**
- LE BOIS DE LUNE** **+33 (0)4 50 34 18 02** **J5**
www.leboisdelune.com boisdelune@live.fr
 Share the good times!
- LE SAVOIE** **+33 (0)4 50 34 94 43** **M6**
www.savoiebar.com leboss@savoiebar.com
 What better place to while away the time!
- 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... also a big choice of pizzas, home-made pastas and big salads.
- MEZZANINE** **+33 (0)4 50 53 65 22** **L6**
www.mezzaninesamoens.com restaurantmezzanine@orange.fr
 Gourmet food in an attractive setting in the centre of the village.

FARM-RESTAURANTS

FERME RESTAURANT L'ACCUEIL SAVOYARD **+33 (0)4 50 34 41 86** **G6**
www.accueil-savoynard.com
 A farm-restaurant, serving simple local fare.

FERME DUNOYER **+33 (0)4 50 34 91 61** **F4**
 Traditional Savoy fare: fondue, tartiflette, raclette, Savoyard stew, diot sausages with polenta etc. From the restaurant, there is a view into the byre! You're sure of a friendly welcome and a warm convivial atmosphere!

HOTELS RESTAURANTS

LA BOULE DE NEIGE **+33 (0)4 50 34 44 58** **G12**
www.labouledeneige.com hotelrestlabouledeneige@wanadoo.fr
 Traditional cooking, Savoyard specialities, hot stone cooking, menu and a la carte. In summer, theme evenings on Tuesday and Fridays.

L'EDELWEISS **+33 (0)4 50 34 41 32** **H4**
www.edelweiss-samoens.com hotel-edelweiss@wanadoo.fr
 Restaurant located on the heights above Samoëns.

LE GAI SOLEIL **+33 (0)4 50 34 40 74** **J5**
www.hotel-samoens.com hotel.gai-soleil@wanadoo.fr
 Located in the village centre, this charming traditional restaurant in the heart of the village proposes you Menu from 17 € to 39 € - A la Carte - Savoyard specialities. Chalet hôtel*** - Logis de France 3 cheminées.



LES GLACIERS **+33 (0)4 50 34 40 06** **K5**
hotellesglaciers.com contact@hotellesglaciers.com
 The restaurant in the Les Glaciers hotel.

NEIGE ET ROC **04 50 34 40 72** **J6**
www.neigeetroc.com resa@neigeetroc.com
 Fine cooking for the pleasure of your palate.

LE TUET **+33 (0)4 50 34 40 60** **L5**
thierry.riondel@wanadoo.fr

ALTITUDE RESTAURANTS

AUBERGE DE CHANTEMERLE **+33 (0)4 50 93 84 51** **K2**
+33 (0)6 18 81 38 50
 Lou-Zepines bar and restaurant. Light a la carte meals. Set menus with advanced booking. Group evenings with advanced booking. In winter: weekend only with advanced booking.

AU PRÉ D'OSCAR (Samoëns 1600) **+33 (0)4 50 53 71 57** **G13**
+33 (0)6 64 93 65 42
gallet.michel@hotmail.fr
 At the Grand Massif Express terminus. Vast sunny terrace and 360° view.

CHALET L'AÉRO (Samoëns 1600) **+33 (0)4 50 18 00 21** **G13**
+33 (0)4 50 54 73 79
www.aero1607.com contact@aero1607.com
 At Samoëns 1600 in a wonderful setting with panoramic view of the Giffre Valley. At the start of the mountain bike trails, 8 minutes from the GME.

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

L'IGLOO (Morillon) **+33 (0)4 50 90 14 31** **HP**
+33 (0)6 87 81 17 05
j.luc.d@wanadoo.fr
 Traditional cuisine and Savoyard specialities.

LE RELAIS DES VALLÉES (Joux Plane) **+33 (0)4 50 34 91 86** **B1**
relaisdesvallees@wanadoo.fr
 Traditional recipes and mountain fare.

LOU CABOËNS (Samoëns 1600) **+33 (0)4 50 91 61 87** **G13**
 Let yourself be "carried away" by an ambiance full of smiles.

TAKEAWAY

LA TARTINERIE **+33 (0)4 50 34 48 51** **M6**
 All year round, come and taste our pizza, sandwiches and burgers. Fast food and take away.

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

PIZZERIA SNACK DU GIFFRE **+33 (0)4 50 58 71 96** **K9**
 A selection of more than thirty pizzas and sandwiches. Eat in or takeaway. Trays fondue / raclette to be taken with loan of the device. Plate of delicatessen / cheese. Tasting of wines.

SHOPS

ARTS AND CRAFTS SHOPS

O...XYZEN **+33 (0)4 50 34 19 32** L6
www.bijoux-oxyzen-74.com
 Stones, jewellery, handcrafts.

TRANSPORT SERVICES

AUTOCARS SAT **+33 (0)4 50 37 22 13** K6
sat-annemasse@orange.fr
 Individual tickets, package tours, excursions for groups of friends, clubs or works outings. A flexible, efficient means of transport - Autocars SAT. Free quotes on request.

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
claudie.bargain@ca-des-savoie.fr
 All banking services.

BUTCHER / CATERER

LE VEAU GRAS **+33 (0)4 50 34 47 36** L7
chauveau.marcel@wanadoo.fr
 Meat - Deli products - Takeaways - Roasts. Professionals at your service!

TRAITEUR DU HAUT GIFFRE **+33 (0)4 50 91 83 57** B8
www.traiteur-du-haut-giffre.com **traiteurhautgiffre@orange.fr**
 Weddings, birthdays, functions, buffets, cocktail parties, business meals, tray meals, private or corporate guests, local and regional authorities...

BREAD / PASTRY

BOULANGERIE TIFFANIE **+33 (0)4 50 34 42 62** K9
 (Le Fournil)
+33 (0)4 50 34 97 01 L5
 (Boutique centre)

Pay us a visit - and taste the "Festive". It's flavour of the year!

À LA JAÏSINIA **+33 (0)4 50 34 40 31** L5
contact@a-la-jaysinia.com
 A la Jaÿsinia specialises in chocolates, cakes and bread. It is also a tearoom.

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

CELLARER

LA FEUILLE DE VIGNE SAVOYARDE **+33 (0)4 50 34 19 56** L6
+33 (0)6 14 01 94 50
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.

LE NEZ EN L'AIR **+33 (0)6 84 70 46 65** K5
lenezdanslacave@gmail.com - www.nezenlair.com
 Martin, a wine consultant, invites you to discover his selection of wines from France and other countries, his champagnes and his spirits.
 Meetings - tastings - experimental and sensory workshops.
 Le nez en l'air also offers a home wine waiter service.

SHOE SHOP

PELLISSIER CHAUSSURES **+33 (0)4 50 34 43 07** L6
contact@samoens-location.com
 Pellissier Chaussures put your feet at ease.
 Footwear, socks and shoe repair service.

SWEET SHOP

FUN BONBONS **+33 (0)4 50 93 37 15** M6
roger.curnier@wanadoo.fr
 Sale of confectionery (150 varieties) - toffees, nougat, alpine specialties, sugar-free sweets, marshmallow, old-fashioned sweets, wide range of lollipops etc.

INTERIOR DESIGN

LA MAISON DE MARIE LOUISE **+33 (0)4 50 18 03 98** L6
www.renardiere.com **marie-louise@renardiere.com**
 In the heart of the village, "charming household decorations and gifts" in an old masons house.

QUINCAILLERIE GRANGER **+33 (0)4 50 34 41 91** L5
www.granger-deco.com **quincagranger@orange.fr**
 Everything you need for home decoration, cooking and DIY. 18.000 products at the ironmongers in the heart of the village.

O' EN COULEUR **+33 (0)6 23 46 72 20** K5
oencouleur@gmail.com
 By means of object gleaned outside, inside, Isa puts down her acrylic colors on differents recycled supports.



CHARTERED ACCOUNTANT

MG GRAND MASSIF (Taninges) **+33 (0)4 50 34 20 42** HP
www.magningecors.fr
 A multidisciplinary accountancy firm that has been working in a wide range of business sectors for more than fifty years.

GARAGE

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

COMPUTING / INTERNET

CORAIL STUDIO **+33 (0)6 31 27 20 87** HP
www.corailstudio.com **corailstudio@gmail.com**
 Corail Studio creates your website and helps you make it more efficient : search engine positioning, correcting your French texts if needed...
 I am also giving computer courses for all levels (children and adults).

INFORMATIQUE **+33 (0)9 53 71 80 61** F5
 DU HAUT FAUCIGNY (I.D.H.F.) **+33 (0)6 83 19 87 73**
info@idhf.fr
 Computer assistance, advice and maintenance. Internet networks.

WEBSAMOENS - INTERNET CAFÉ **+33 (0)4 50 18 01 12** **M6**
www.websamoens.fr **websamoens@orange.fr**
 Internet Café with computers and wifi access available 24h/24 on the Gros Tilleul Place. Bar without alcohol.

LAUNDRY / LINEN HIRE

LE LAVOIR **+33 (0)6 03 70 83 23** **K5**
+33 (0)4 50 98 64 42
lelavoir.samoens@hotmail.fr
 Coin-operated laundry - sheet and linen hire - ironing service.

MERCERIE

LES CISEAUX D'ARGENT **+33 (0)6 40 10 31 69** **K5**
 Sale of haberdashery and wool. Alterations service.

PHOTOGRAPHER

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

TRADITIONAL FARM PRODUCTS

EARL "LE CRIOU" **+33 (0)4 50 34 94 46** **J10**
PRODUITS FRAIS FERMERS
 Traditional farm, production and sale of fresh dairy products made solely from the milk of our cows.

REGIONAL PRODUCTS

FRUITIÈRE DE SAMOËNS **+33 (0)4 50 89 52 85** **N7**
LA FEUILLE DE VIGNE SAVOYARDE **+33 (0)4 50 34 19 56** **L6**
+33 (0)6 14 01 94 50

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**
 La Tour Gourmande - Maison Dunoyer founded in 1944.

LE GRENIER SAVOYARD **+33 (0)4 50 34 48 22** **L6**
www.greniersavoyard.fr **abrasier@greniersavoyard.fr**
(online sale all year)
 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
 Savoie deli products : parma-style ham from the valley, Haute-Savoie sausage. Savoie cheeses : reblochon. Free loan of equipment for fondues and raclettes.

MONTAGNE ET CHOCOLAT **+33 (0)4 50 78 41 87** **L6**
jplevrault@free.fr
 Chocolates, fruit jellies, fondants, marzipan, spice bread, Coeur de Savoie, cannelé cakes, boiled sweets, honey and jam.

PROPERTY DEVELOPER

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

HARDWARE SHOP

QUINCAILLERIE GRANGER **+33 (0)4 50 34 41 91** **L5**
www.granger-deco.com **quincagranger@orange.fr**
 Everything you need for home decoration, cooking and DIY. 18.000 products at the ironmongers in the heart of the village.

HAIRDRESSING SALON

LE SALON **+33 (0)4 50 34 46 77** **K5**
 Ladies and men hairstyles.

SYLVIE COIFF' **+33 (0)4 50 34 46 46** **L6**
smichel.marquet@wanadoo.fr
 Unisex hairdresser on the main village street.

TEA ROOM

À LA JAÏSINIA **+33 (0)4 50 34 40 31** **L5**
contact@a-la-jaysinia.com
 A la Jaysinia sells chocolate, cakes and bread. It is also a tearoom.

SUPERMARKETS

CARREFOUR MARKET **+33 (0)4 50 34 97 77** **F7**
samoens@franchise.carrefourmarket.fr

SHERPA **+33 (0)4 50 53 43 50** **M7**
www.sherpa.net **sherpa.samoens@yahoo.com**
 General food - Bread - Croissants and similar products. Home delivery (conditions in store).

CLOTHES SHOPS

INTERSPORT **+33 (0)4 50 34 95 73** **L6**
www.samoens-intersport.com
 A mix of fashion and sport!

J'AI UN SECRET... **+33 (0)4 50 98 62 49** **L6**
jaiunsecret74@gmail.com
 Mummies and babies shop...

CRAFTS

ELECTRICIAN

DEWEZ ELECTRICITÉ **+33 (0)6 13 43 18 05** **M7**
www.dewezelectricite.com **contact@dewezelectricite.com**



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 reward for the Bianco team.

SCURI MAÇONNERIE **+33 (0)4 50 34 41 23** S11
www.scuri-maconnerie.com contact@scuri-maconnerie.com

Stone mason company: new and renovation.

CARPENTER

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

SARL PEGORIER CHARPENTE **+33 (0)4 50 55 94 77** F7
+33 (0)6 03 75 70 96

pegorier.bertrand@wanadoo.fr

Rafters, roofs, renovation, use of new and old timber.
 A team of professionals proucing quality work.

SDF DURIER DIDIER ET OLIVIER **+33 (0)4 50 34 41 55** I6
 Joinery - chalets - roofing timbers.



BLINDS / ROLLER BLINDS

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

Blinds / roller binds.

SERVICES

POLICE STATION

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

POST OFFICE

POST OFFICE **+33 (0)4 50 34 42 00** M6

ADMINISTRATIVE SERVICES

TOWNHALL **+33 (0)4 50 34 42 38** M5
www.mairiedesamoens.fr

PRESS / RADIO

RADIO GIFFRE **+33 (0)4 50 34 47 48** K6
www.radiogiffre.com contact@radiogiffre.com

Radio Giffre 100.9. Local radio passing on local information.
 Involved in education and integration. Now heard throughout the valley.

HEALTH

MEDICAL PRACTITIONERS / PHYSIOTHERAPISTS / NURSES

MEDICAL PRACTITIONERS,
 PHYSIOTHERAPISTS
 AND NURSES **+33 (0)4 50 34 41 88** L6

CABINET MÉDICAL
 DU DOCTEUR COTTET **+33 (0)4 50 34 92 45** L7

DENTISTS

COHEN PIERRE
 and MEYNET FABIEN **+33 (0)4 50 34 14 55** L6

FASCIATHERAPIST

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

CHIROPRACTOR

LORIOT MARIE **+33 (0)6 82 91 68 04** M6
atmasphere.marie@gmail.com

OSTHEOPATH

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

COPPO JULIEN **+33 (0)6 22 87 88 12** M6

PHARMACY

PHARMACIE DEFFAUGT-SANCHEZ **+33 (0)4 50 34 40 10** L6
 Pharmacy in front of the medical home.

VETERINARY

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

List of professional partners of the Tourist Office

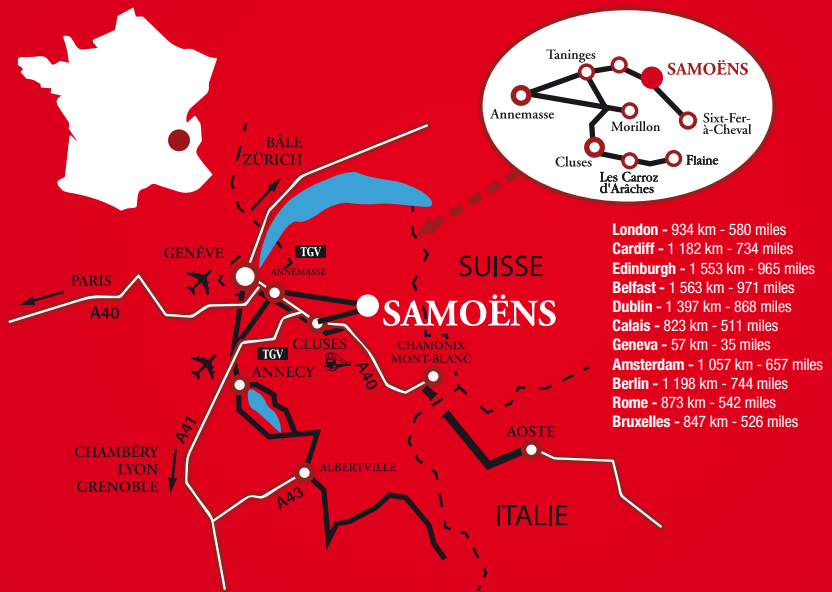




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next winter....



grand-massif.com



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

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

by taxi

Baudet - Tel. +33 (0)4 50 34 43 82
garage.baudet@wanadoo.fr

Dechavassine
Tel. +33 (0)4 50 34 96 76
+33 (0)6 07 08 99 06
www.taxidechavassine.fr

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

Grand Massif - Tel. +33 (0)4 50 34 90 90
www.taxis-du-grand-massif.com

Taxi David - Tel. +33 (0)6 62 25 39 43
www.taxi-david.net

Ambulanceroth sas
Tel. +33 (0)810 400 893
www.ambulanceroth.com

flying

Different companies are offering budget flights to Geneva from most European cities 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 carrier

Alps-direct.com
Tel. +33 (0)4 50 90 30 08
+33 (0)6 12 98 12 50
www.alps-direct.com

Alps Transfert
Tel. +33 (0)6 11 30 30 15
www.alpstransfert.com

One-Step-Beyond
Tel. +33 (0)4 50 34 15 55
www.one-step-beyond.fr

by coach

Transport to Samoëns from:
Cluses railway station, 20 kms

Information on SAT bus services:
Tel. +33 (0)4 50 37 22 13
or +33 (0)4 50 34 40 09

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

by helicopter

Mont-Blanc Hélicoptère
Tel. +33 (0)4 50 74 22 44
+33 (0)4 50 98 78 00
www.mbh.fr



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
www.samoens.com

Summer from the 1st of July to the 31st of August. 7/7 from 9 to 12.30 am and from 2.30 to 6.30 pm. Notice that between the 14th of July to the 15th of August: Saturday from 9 to 12.30 am and from 2.30 to 7 pm.



Direct access
to our website

our partners



Destination pour petits et grands

Jumelage avec la Sardaigne.

Pamplemousse.com

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