

MENU



LESCARROZ  
HAUTE SAVOIE - MONT BLANC



WELCOME GUIDE 

WINTER 2020

welcome

# LA CROIX DE SAVOIE

GOURMET RESTAURANT



Gastronomic cuisine by two chefs.  
Chefs Edwige TIRET & Léonie DUGAT prepare their own entirely “home-made” menus.

Seasonal, organic, local and organic vegetable garden produce.

360° view over the valley and of the kitchens in a modern setting, with a peaceful panoramic terrace unparalleled in Les Carroz.

Fixed and à la Carte menus available from the tourist office and online.

Wine cellar with over 150 selections.  
Room rental for private dining.

**+ NEW PARTNERSHIP, VILLAGE RESTAURANT SHUTTLE BUS**

**From 7pm to 11pm at 3€ pp. Shuttle booking on +33 (0)6 83 86 51 20**

**OPEN EVERY DAY AND ALL YEAR ROUND.** Panoramic terrace unparalleled in Les Carroz.  
Booking advisable. +33(0)4 50 90 00 26 / [www.lacroixdesavoie.fr](http://www.lacroixdesavoie.fr)



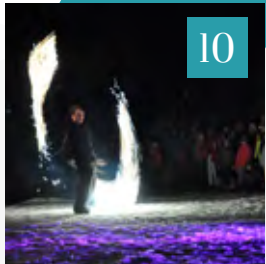
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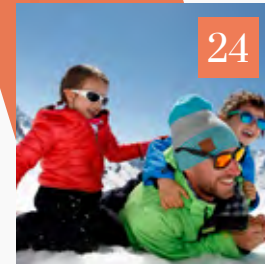
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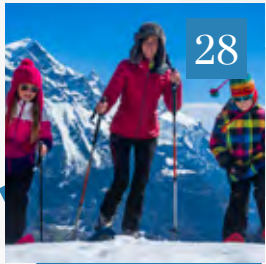
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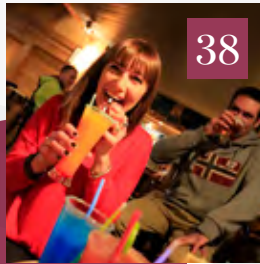
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# Welcome to Les Carroz

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LES CARROZ,  
almost a century  
of skiing history!

**1930**

CREATION  
OF THE  
SKI CLUB



**1937**

FOUNDING  
OF THE  
TOURIST BOARD

**1939**

INAUGURATION  
OF THE FIRST  
DRAG LIFT





# 1980

GRAND MASSIF LINKS



# 1954

1<sup>ST</sup> GONDOLA LIFT COMMISSIONED



# 1964

5 SKI LIFTS  
5 SKI SLOPES /5 SKI INSTRUCTORS  
2000 TOURIST BEDS







# The Tourist Office

THE TOURIST OFFICE'S ENTHUSIASTIC STAFF ARE AVAILABLE TO WELCOME YOU EVERY DAY. OUR HOLIDAY ADVISORS CAN ANSWER YOUR QUESTIONS AND PROVIDE INFORMATION AS WELL AS THE FOLLOWING:

## ADVICE AND DOCUMENTATION

Personalised advice

Piste maps, shuttle bus timetables, walking trail maps

Entertainments, events, cinema and cultural centre programmes

Weather forecast and ski area opening times

Leaflets about the resort's shops, services and businesses

Restaurant menus

Documentation about the surrounding region

## SERVICES

A dedicated area for small children (changing area, games, colouring..)

The official "LES CARROZ" shop: souvenirs, clothing, accessories, bikewear

Wi-fi (with payment)

Pocket wi-fi rental

Faxing, scanning, photocopying

Bus tickets sold for Cluses and Flaine (credit/debit card only)

Left luggage service every Saturday from 10am to 12 noon and from 2.30pm to 6.30pm: 2€ per bag

Payment by credit/debit card, (French) cheques or cash €

## TOURIST OFFICE

9, place de l'Ambiance - 74300 Les Carroz France / Tél. +33 (0)4 50 90 00 04  
carroz@lescarroz.com - accueil@lescarroz.com / www.lescarroz.com

### Tourist Office opening hours

French school holidays: from Sunday to Friday from 9am to 7pm and Saturdays from 9am to 7.30pm  
Outside French school holidays: from Monday to Saturday from 9am to 12.30pm and from 2pm to 7pm;  
Sundays from 9am to 12.30pm and from 3pm to 7pm



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Design: thessin.com - Printing: Monterrain. Non contractual document (texts and photos).  
Tariffs listed are for guidance only. The Tourist Office cannot be held responsible for any changes in information.

# Events



## Unforgettable experiences

### SEA - MOUNTAIN TROPHY

**From 19<sup>th</sup> to 22<sup>nd</sup> January**

Les Carroz, host resort of the 27<sup>th</sup> edition of the Sea-Mountain Trophy! For this trophy around fifteen teams take part in a 4 day friendly competition held within the host resort; each team brings together two champions, a sailor and a mountaineer, plus a child from the village sports club. You will be able to see some famous names: Samantha Davies, François Gabart, Aurélien Ducroz, Franck Cammas, Daniel Dulac, Tony Sbalbi, Mike Horn, Franck Adisson, Laetitia Roux, Laurence de La Ferrière...

### OUI PLAY

**Saturday 25<sup>th</sup> January**

Oui Play is an inter-company sports event bringing together over 800 participants; 70 local businesses from the valley take part in a day of winter sports within the ski area and in the village.

### STARLIT TREK

**7<sup>th</sup> February and 13<sup>th</sup> March**

The starlit trek has become THE must-do event of the winter. A nocturnal untimed ski touring trek amongst friends. Includes: sport, good food and conviviality. Don't forget to sign up at the tourist office.

### RENOV' MONTAGNE SHOW

**12<sup>th</sup> and 13<sup>th</sup> April**

An exhibition dedicated to renovation, redesigning and interior decoration in the mountains.



# Entertainments

## Sharing special moments

### ENJOY CHRISTMAS MAGIC...

From 21<sup>st</sup> to 27<sup>th</sup> December 2019

Open the last remaining doors of your Advent calendar in Les Carroz, listen to Christmas carols and fairy tales and meet the long awaited Father Christmas!

### DRINK THE MAGIC POTION...

Every Sunday from 21<sup>st</sup> December 2019 to 12<sup>th</sup> April 2020

Here in Les Carroz, we wish you a warm musical welcome every week, with mulled wine, hot chocolate and a free concert, all in a festive and friendly ambiance in the village centre.

### PARADE IN THE SNOW CARNIVAL...

During the French school holidays

The carnival parade goes oriental! Get dressed up and accompany the Chinese dragon as it crazily wanders around!

### ADMIRE THE SKI SHOW...

Wednesday 19<sup>th</sup> and 26<sup>th</sup> February 2020

When your last run of the day is over, enjoy the nocturnal show by our ski instructors and our piste groomers in formation, all accompanied by music and fireworks!

### ...BEFORE WELCOMING IN 2020!

From 28<sup>th</sup> December 2019 to 3<sup>rd</sup> January 2020

See in the New Year in style; lots of things going on to wish you a happy New Year: concerts, fire shows, ice sculptures, and a New Year's Eve party with fireworks!

### ...AND SAVOUR FLAMBOYANT SOUVENIRS

During the French Christmas and February school holidays

Make a tasty pit stop and then enjoy the last run down of the day to the glow of torchlight and the setting sun, which will be forever engraved on your memory.

### ...BETWEEN FIRE AND ICE!

Every week of the French Christmas and February school holidays

Take a new look at the smoothness of ice and the fury of fire: are they complementary or opposite? Take your pick and let yourself be captivated.

### ...AND DISCOVER WINTER SPORTS!

Every week of the French February school holidays

Follow in the steps of today's biathlon champions, to become tomorrow's champion!



## THE ENTERTAINMENTS GAZETTE

A new gazette each week with its entertainments and surprises. Download it from [www.lescarroz.com](http://www.lescarroz.com), or pick it up in the shops, your accommodation, as well as from the resort's TOURIST OFFICE.

# Ski area

4<sup>TH</sup> LARGEST SKI LINKED SKI AREA IN FRANCE

GRAND MASSIF OPEN FROM 14<sup>TH</sup> DECEMBER 2019 TO 19<sup>TH</sup> APRIL 2020

#LESCARROZ 1500,

The only gateway  
with direct access  
to the heart of  
the Grand Massif!

With the Tête des  
Saix chairlift you  
can be setting out  
exploring the ski

area in under  
7 minutes; free 700  
space car park, ski  
shuttle buses and  
lift pass sales  
point!



## WHAT'S NEW

### AUTOMATIC SELFIE ON THE CHAIRLIFT

An automatic photo system has been installed for this winter on the ride up on the high-speed Tête des Saix chairlift, with a collection terminal on arrival at the top.

### NEW 3D 360 VIRTUAL REALITY FILM BLACK VALLEY

To complement the film used since the Alpine Coaster opened at Christmas 2018, a second film is being launched for this Christmas 2019: "Black Valley". You will be transported to a Far West setting with Grand Canyon and mine train. On the way up, the challenge is to capture the 4 bandits that robbed the bank... and to recover the loot!

592  
SNOW  
CANNONS

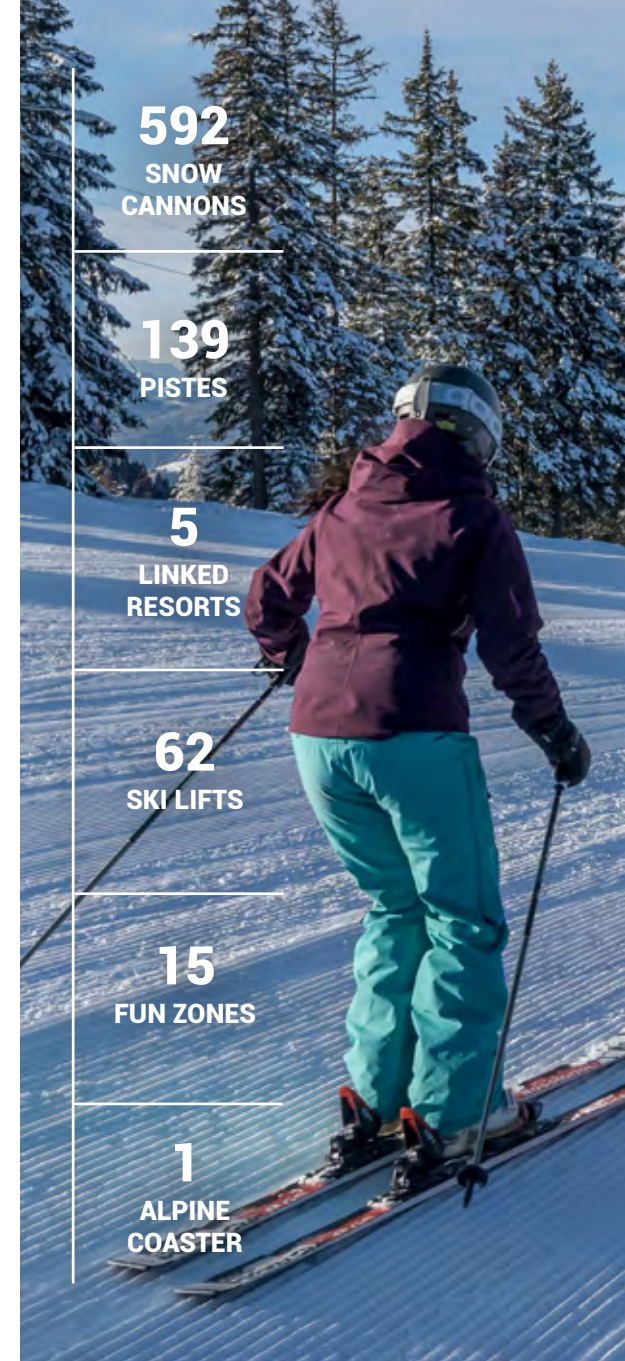
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FUN ZONES

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ALPINE  
COASTER





# Worth Knowing

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## MAKE SURE YOU ARE INSURED!

Some debit/credit cards do not cover the cost of piste rescue services. Check with your bank beforehand.

**SKI SECURE INSURANCE** : covers piste rescue and repatriation, lift pass refund, ski school refund, medical expenses refund, ski breakage... only 3€/day/person. Details at the ticket offices.

## DON'T BE LATE BACK

Plan ahead to ensure you are back in Les Carroz before the link lifts close. Beware of the time needed to get back from Flaine during French school holidays (There are no buses between the Grand Massif resorts).

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## + IN THE EVENT OF AN ACCIDENT

The first thing to do : call the ski patrol rescue service on **+33 (0)4 50 90 00 42**.

You can also alert the lift attendant at the nearest lift (top or bottom).

**Give:**

1. The name of the piste,
  2. The number of the nearest piste marker situated on the side of the piste,
  3. The nature of the injury suffered by the person to be rescued.
- 





# Be Smart

TIPS TO SAVE TIME AND  
SPEND LONGER ON THE SLOPES.

## WHERE AND WHEN TO BUY LIFT PASSES?

**BUY YOUR PASSES AS SOON AS YOU ARRIVE ON THE SATURDAY,**  
the gondola ticket office stays open until 7pm on Saturdays during French school holidays.  
Don't forget the village centre terminals (opposite the Tourist Office) and the automatic 24 hour ticket machines.

### ONLINE

Purchasing and recharging online on [grand-massif.com](http://grand-massif.com).  
If you already have a Skicard (hands free smartcard) with your internet number printed on it, recharge your passes online! Early Booking deal, when purchased at least 60 days before the first skiing day, you will benefit from a reduction of 6 to 7%.

### THE SKI AREA TICKET OFFICES

#### GONDOLA

From 8.30am to 4.45pm and until 7pm on Saturdays during French school holidays.  
10 counters + one 24 hour ticket machine.

#### LES CARROZ 1500 (LES MOLLIIETS)

from 8.45am to 1pm. 1 counter.

#### AT THE 3 AUTOMATIC 24 HOUR TICKET MACHINES

At the bottom of the gondola, opposite the Tourist Office and at Carroz 1500.  
Only for 4 hour, daily and 6-day adult or child passes.

**DURING PEAK WEEKS, YOU ARE ADVISED TO AVOID SETTING OUT USING THE GONDOLA AT 9AM AND AT 2PM (SKI SCHOOL LESSON STARTING TIMES).**

### TOP TIP

No queueing at the ticket office, buy or recharge your lift passes online.

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

### NEW SALES POINT IN THE VILLAGE CENTRE

(OPPOSITE THE TOURIST OFFICE)

**4 new generation tactile terminals. Purchasing and recharging all lift passes.**

THE 4 HOUR PASS  
is valid from any time of day.  
Make the most of the slopes  
whilst others eat!







# Tariffs & Best Deals

## GRAND MASSIF FAMILY PACK

### GRAND MASSIF AT VILLAGES PRICE

Valid when a minimum of 4 x 6+ consecutive day Grand Massif lift passes are purchased. Must be bought at the same time for the same validity period. Minimum 2 adults (aged 16+) and 1 child (aged 5 to 15). Possible to add up to 2 extra child passes.

**Example :**  
**6 day Grand Massif Family Pack**  
**2 adults + 2 children 804 €**  
**3 adults + 1 child 861.60 €**

## EVERYONE'S A CHILD

### ADULT LIFT PASS AT CHILD'S PRICE!

Promotion valid at Christmas for passes starting on 21<sup>st</sup>, 22<sup>nd</sup> and 23<sup>rd</sup> December 2019 and from 28/03/2020 to the end of the season. Purchase of 4 Grand Massif lift passes valid for 6+ consecutive days. Must be bought at the same time for the same validity period. Minimum 2 adults (aged 16+) and 1 child (aged 5 to 15).

**Example :**  
**4 Grand Massif 6-day lift passes (excluding ski-cards)**  
**2 adults + 2 children**  
**OR 3 adults and 1 child: 765.60 €**

## CARROZ BEGINNER PASS

### SLOWLY BUT SURELY

Head for the beginner area at the top of the Kédeuze gondola.

Make use of the 120m long covered magic carpet and the Crêtes draglift with the Coin Coin piste exclusively reserved for beginners, thereby providing a safe area in which to learn. You can also use the Plein Soleil draglift and chairlift as well as the free beginner ski area at the bottom of the slopes in the village with its covered magic carpet.

**Child day pass : 19 €**  
**Adult-senior day pass : 26 €**

## LIFT PASSES

From Saturday 14<sup>th</sup> December 2019 to Sunday 19<sup>th</sup> April 2020

	GRAND MASSIF		
	ADULT (aged 16 to 64)	CHILDREN (aged 5 to 15)	SENIOR (aged 65 to 74)
Day	48.50 €	36.40 €	46.10 €
4 consecutive hours	43.70€	32.80 €	41.50 €
2 days	95 €	71.20 €	90.20 €
3 days	142.50 €	106.80 €	135.30 €
4 days	190 €	142.40 €	180.40 €
5 days	237.50 €	178 €	225.50 €
6 days	255 €	191.40 €	242.40 €

	PEDESTRIAN PASSES - Kédeuze gondola	
	CHILDREN (Aged 5 to 15)	ADULTS + SENIORS
1 Return trip	7,50 €	8,50 €
10 Return trips		49 €
Season		139 €

	VILLAGES		
	ADULT (aged 16 to 64)	CHILDREN (aged 5 to 15)	SENIOR (aged 65 to 74)
Day	44 €	33 €	41.80 €
4 consecutive hours	39.60 €	29.70 €	37.60 €
2 days	86 €	64.60 €	81.80 €
3 days	129 €	96.90 €	122.70 €
4 days	172 €	129.20 €	163.60 €
5 days	215 €	161.50 €	204.50 €
6 days	229.80 €	172.20 €	218.40 €

Tariffs excluding skicard

## SKICARD OBLIGATORY

for all passes: 1,60 €

(except "pedestrian return" tickets).

These hands free smartcards can be recharged but are non-refundable.

# Extra Services

## SKIING BACK TO THE RESORT

Either on easy blue slope (Combe piste) or red slope (Timalets piste).

## PUBLIC WIFI

(Free) wifi available at the bottom of Les Carroz's gondola: by the ticket offices as well as in the departure area.

## BATTERY CHARGING POINTS

Accessible within Les Carroz's ski area: Mobile phone charging points available at reception, in the picnic room and at the Oasis Cool Zone.

## FREE PARKING

3 free car parks for your use:

- Kédeuze gondola car park with 500 spaces (400m from village centre, less than 10 mins on foot)
- Les Carroz 1500 (Les Molliets) car park with 700 spaces (4km from the village towards Flaine)
- Le Laÿs car park with 70 spaces (800m before arriving in the village)

Available at the top of the gondola, at the top of the Molliets chairlift as well as at the top of the Tête des Saix chairlift.

Easier access for the disabled: escalator, PRM lift. Dedicated PRM parking space at the gondola departure, situated next to the PRM lift for access to the gondola + PRM parking spaces at Les Carroz 1500 in front of the ticket office.

250m<sup>2</sup> picnic room at the top of the gondola  
Flaine: picnic room at the bottom of the Aup de Véran lift at the top of the DMC cable car and at the bottom of the Lac chairlift.  
Morillon 1100: picnic room at the top of the gondola.  
Samoëns 1600: picnic room at the bottom between the Marmottes and Dahu slopes.

For an unusual break in Les Carroz, head for the Oasis Cool Zone, accessible using the Oasis draglift.

## PICNIC TABLES

## ACCESS FOR PERSONS WITH REDUCED MOBILITY

## PICNIC ROOMS

## FUN ZONE

## SKI LOCKERS

Make life easy for yourself! What could be better in the morning than to take off your moonboots and slip into nice warm ski boots?

Ski lockers at the gondola departure area: 176 lockers each for 4 people (skis/poles/boots) all equipped with boot dryers.

### EXAMPLES OF TARIFFS

1 day	15 €
2 days	20 €
3 days	30 €
6 days	57 €
7 days	66 €
Season	665 €





## ANALYSE 3D

VENEZ ESSAYER  
LE SCANNER  
LE PLUS PRECIS  
AU MONDE !

- DIGITALISATION RÉELLE de vos pieds à 360°
- ANALYSE & MESURES précises
- RECOMMANDATION des chaussures les plus adaptées à vos pieds et vos besoins



# FULL FEET SKI 2000

EQUIPMENT RENTAL AND SALE



Next to the Marlow pub and opposite  
the Casino minimart

1 route du Serveray - 74300 LES CARROZ  
[www.ski2000.fr](http://www.ski2000.fr) / [contact@ski2000.fr](mailto:contact@ski2000.fr)  
+33(0)4 50 90 00 82 / +33(0)6 07 04 95 32

**SKI 2000**  
LOCATION & VENTE MATERIEL / ENTRETIEN

**PRO SHOP BOOTFITTING**  
TECHNICIEN EXPERT CONFORT DU PIED

*Expert technician in foot comfort*

# Eco-friendly

WE'RE USING THE SAME ENVIRONMENT, LET'S TRY TO LIVE TOGETHER!



Two years ago, Les Carroz's ski lift company received the Green Globe award, the first certification in the world dedicated to Sustainable Tourism Development with its emphasis on 3 main pillars: environmental protection, economic development and social progress. Our actions taken towards these objectives include: waste recycling with a social rehabilitation company, subscribing to a "Green Energy" contract, encouraging piste groomer eco-driving practices through awareness raising, optimising water consumption for snow-making using a GPS system, giving preference to local businesses...

Here is a look at some of the actions taken to help not only the Black Grouse, but all other birds living within this area, in collaboration with the 74 Hunting Federation, mountain professionals...

- Creating animal protection zones (over-wintering areas)
- Patchwork scrub clearing to encourage breeding
- Setting up an environmental observatory covering the whole of the Grand Massif ski area in order to comprehensively map biodiversity in all its forms: fauna, flora and landscape.
- Visibility devices on ski lift cables (European "LifeGypHelp" Programme)

IN WINTER, FOLLOW SOME BASIC ADVICE, AS INDICATED ON THE PISTE MAP.

RESPECT SIGNPOSTS INDICATING THESE AREAS, THEY ARE ALSO MARKED ON THE MAPS.



Take part with us and discover our 2 totems in the picnic room:

- Recharge your mobile phone by turning the handle : the best renewable energy is yours !
- Crush your bottles and cans in order to reduce volume !



Les Carroz  
Reservation Centre

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"Quality Comfort  
Accommodation" label

YOUR VERY BEST HOLIDAYS  
START HERE!

Les Carroz's Reservation Centre is on hand to make organising your skiing holiday that much easier.

Are you looking for an all-inclusive skiing holiday, or would you rather have a tailor-made winter sports holiday? With the Les Carroz Reservations Centre, you select your accommodation: apartment; chalet; apart-hotel; hotel; gîte; holiday centre. Complete your holiday booking by adding lift passes, lessons and/or equipment hire.

**EXTRAS**

- Wi-fi everywhere and all the time: rent a pocket wi-fi to stay connected during your skiing holiday.
- Services (lift passes, lessons, equipment) are handed to you on the day that you arrive along with your keys or in your apartment.
- "All-inclusive" packs include a heated ski locker at the bottom of the slopes: put on nice warm ski boots in the morning and leave unencumbered at the end of the day.

**RESERVATION CENTRE**

+33 (0)4 50 90 33 21  
resa@lescarroz.com  
reservation.lescarroz.com



LES CARROZ LABEL



**LES CARROZ RESERVATIONS CENTRE  
LES CARROZ'S LABEL**



Les Carroz Reservation and the QCA label department are available to welcome you and provide information at the owners' information area in the centre of Les Carroz situated at 5 Route du Serveryay.

Les Carroz's "Quality Comfort Accommodation" Label for tourist lodgings was created by the resort to complement the ministerial star classification to make it easier for you to select your accommodation and to meet your expectations. Les Carroz's "Quality Comfort Accommodation" Label is based upon qualitative criteria: overall aesthetic characteristics; comfort; level of equipment and services and is awarded in 1 to 5 "carraz".

- Standard
- Standard plus
- Quality comfort norm
- Quality comfort plus
- Luxury



All of our rental properties with this label have been visited by our team at the Les Carroz QCA label department, thereby guaranteeing you a level of quality and comfort.

See all of our labelled rental properties on [reservation.lescarroz.com](http://reservation.lescarroz.com)



# The ski Schools

**MORE DETAILS**  
 +33 (0)4 50 90 02 38  
 info@esf-lescarroz.com  
 www.esf-lescarroz.com



## ÉCOLE DU SKI FRANÇAIS



### WHERE? TO ENROL ?

In the Adénora building by the gondola - G1  
 Open every day from 8.30am to 6.45pm.

### TO MEET UP FOR LESSONS ?

Meet at the bottom of the gondola under the ESF board corresponding to your lesson.

#### CHILDREN ( up to 12 yrs old incl. )

	Session	High Season	Low Season
Piou Piou Club (ski kindergarten) Ages 3 to 5	1 x 3hr session 6 x 3hr sessions	52 € 188 €	47 € 188 €
Top 12	1 x 3hr session 6 x 3hr sessions	52 € 188 €	47 € 165 €
Snowboard lessons	1 x 3hr session 6 sessions	52 € 199 €	- -
Competition or Free Ski courses	6 x 5hr sessions	322 €	-
Top 8	6 x 2hr sessions 6 x 2½ hr session	213 € -	- 212 €
Top 4	6 x 1½ hr sessions Xmas/New Year	264 €	-
	6 x 2hr sessions February	313 €	-
<b>PRIVATE LESSONS (max 2 people)</b>			
Children	1hr (aged under 6) 2 consecutive hrs	52 € 103 €	47 € 93 €
Snowboard	1¾ hrs	103 €	93 €
Ski or snowboard	1½ hrs	77 €	-
	2½ hrs	129 €	116 €
	3hrs	150 €	139 €
Private hire	See adult table for rates		

### WHEN?

#### GROUP LESSONS

Christmas / New Year school holidays:  
 From 9am to 12 noon OR from 1.30pm to 4.30pm  
 French half term holidays: From 9am to 12 noon or  
 2pm to 5pm from Sunday to Friday  
 Low season: From 9am to 12 noon from Sunday to Friday

#### TOP 8 GROUP LESSONS (5 TO 12 YRS OLD)

Groups of up to 8 children max.  
 Christmas / New Year school holidays: From 10.30am  
 to 12.30pm or 2.30pm to 4.30pm  
 French half term holidays: From 11am to 1pm or 3pm  
 to 5pm from Sunday to Friday  
 Low season: From 2pm to 4.30pm from Sunday to Friday

#### ADULTS AND TEENS (aged 13 +)

	Session	High Season	Low Season
	1 x 3hr session 6 x 3hr sessions	52 € 199 €	47 € 188 €
Snowboard lessons	1 session 6 sessions	52 € 199 €	- -
Competition or Free Ski courses	6 x 5hr sessions	322 €	-
<b>PRIVATE LESSONS (max 2 people)</b>			
Ski	2 consecutive hrs	103 €	93 €
Snowboard	1¾ hrs	103 €	93 €
	1½ hrs	77 €	-
Ski or snowboard	2½ hrs	129 €	116 €
	3hrs	150 €	139 €
Private hire (3 to 8 people max)	1/2 day am or pm	432 €	318 €
	1 day	690 €	508 €
	6 days x 3 hrs	1516 €	1150 €

When booking your lessons, think about asking which lift pass is best suited to your lesson.

You can insure your children with the E.gloo insurance.



## ESI GRAND MASSIF NOUVELLE DIMENSION



### WHERE? TO ENROL?

**Route des Moulins - H2**  
Office with a turquoise facade.  
Open every day from 8.30am to 6.30pm

### TO MEET UP FOR LESSONS ?

Meet at the bottom of the gondola beside the ESI boards corresponding to your lesson.  
Tiny tots, children's and snowboard group lessons are held in the morning or in the afternoon.  
Adult group lessons are mornings only.

	Low season	High season
"Tiny Tots" courses (aged 3 to 4½)	55 €	-
<b>DOWNHILL SKIING OR SNOWBOARDING COURSES (MAX. 9 PEOPLE)</b>		
<b>Adults and Children (aged 5 to 15)</b>		
1 x 3hr session	45 €	55 €
6 days x 3hrs (18 hrs)	198 €	225 €
<b>PRIVATE LESSONS (MAX 4 PEOPLE)</b>		
1 hr	55 €	65 €
2 hrs	95 €	110 €
12 hrs	540 €	600 €

And also every weekend of the season:  
Freeride courses / 3 hr weekend lessons (not during French school holidays) / Off-piste outings and heli-skiing.

All group lessons are limited: 4 to 9 pupils maximum.

**MORE DETAILS:**  
**+33 (0)4 50 90 36 03**  
**lescarroz@esi-grandmassif.com**  
**www.esi-grandmassif.com**

## INDEPENDENT INSTRUCTORS

### BRUNO UYTENHOVE

Private ski or snowboard lessons.  
Off-piste skiing and inter-resort, ski touring.  
**+33 (0)6 10 18 30 82 - www.skiyourbest.net**

### FRED PRIEUR BLANC- MONTAGNE ACTIVITÉS

Ski Instructor, mountain guide. Ski lessons, half-day or full day hire for off-piste excursions.  
**+33 (0)6 11 32 90 07**

### LAURENT RICHARD

Whether you are a beginner or a regular skier, come and discover the charm of our Grand Massif ski area. Benefit from the services of a qualified instructor who will guide you and help you to progress.  
**+33 (0)4 50 21 42 36 / +33 (0)6 21 05 80 08**

### PATRICK KLUFTS : L'ENVERS DU GRAND MASSIF

Outings arranged for select groups whether family oriented or highly sporty.  
A handicapped ski-chair is also available.  
**+33 (0)6 83 13 71 39 / +33 (0)4 50 90 33 76**

### PIERRE-ANTHONY HUGUET

For children and families from beginners to advanced.  
Possibility of training for all types of competition, slalom, giant slalom, parallel.  
Russian and English speaking instructor.  
No off-piste.  
**+33 (0)6 38 75 73 82**

# Children Day nursery

## La Souris Verte

Day nursery centrally situated  
in the resort

For children aged between 6 months and 3 years (not at school).

### WHAT?

The Souris Verte offers all of the usual nursery activities in a specially designed room as well as outdoor games in an enclosed garden. Full day care is only available to children aged over 16 months.

### HOW?

We highly recommend that you book in advance. Child Health record and DTP vaccination are obligatory.

### WHEN?

From Monday to Friday from 8.30am to 5pm.  
Half days run from 8.30am to 12.30pm or from 1pm to 5pm

### WHERE?

**213 route des Cyclamens - G3**  
West Carroz  
Shuttle bus line A - "Le Serveray" stop  
**+33 (0)4 50 47 95 18**  
[lasourisverte@aracheslafrasse.fr](mailto:lasourisverte@aracheslafrasse.fr)

### WHY?

For those who wish to fully enjoy all that the mountain has to offer with complete peace of mind knowing that your child will be cared for by qualified personnel in a special age-related set-up.

la souris verte



	HOURS	TARIFFS
<b>UNIT PRICE</b>		
Day care (only for those aged over 16 months)	8.30am to 5pm	<b>62 €</b> incl. lunch
Half day without lunch or snacks (only for those aged under 16 months)	8.30am - 12.30pm or 1pm - 5pm	<b>38 €</b>
½ day morning with lunch	8.30am - 12.30pm	<b>45 €</b>
½ day afternoon with snack	1pm - 5pm	<b>42 €</b>
<b>FORMULAS (FROM MONDAY TO FRIDAY, MORNINGS OR AFTERNOONS)</b>		
5 full days (only for those aged over 16 months)	8.30am - 5pm	<b>230€</b> with lunch
5 half days	8.30am - 12.30pm or 1pm - 5pm	from <b>150€</b>
<b>CHRISTMAS AND NEW YEAR WEEKS</b>		
4 full days (only for those aged over 16 months)	8.30am - 5pm	<b>184€</b> incl. lunch
4 half days	8.30am - 12.30pm or 1pm - 5pm	from <b>120€</b>

Administration fee	<b>5 €</b>
Supplement (to existing ½ day booking)	<b>12 €</b>
Hourly rate if time exceeded	<b>10 €</b>

**French school holidays:** only formula bookings accepted

Services are payable in advance on the first day by credit/debit card, cheques drawn on a French bank account, French holiday vouchers, casual labour cheques or cash. Bookings are not transferrable and are only valid for the dates reserved. Services are non-refundable even with a medical certificate. The nursery is closed on 25/12 and 01/01.



# "Les Loupiots" Club

Serveray children / youth service

Leisure centre for your children aged 3\* to 12.

\*if they attend school and are dry

The leisure centre welcomes children aged between 3 yrs old\* and 12 yrs old.

\*if they attend school and are dry

The club is run by qualified youth leaders who lay on various activities for the different age groups.

## WHAT?

Whether all day or for half a day, your children join in a range of activities such as ice skating, tobogganing, snow shoe outings as well as indoor creative activities. Activities are linked to our educational project.



## OPTIONS AVAILABLE

Full day with meal and snack	40 €
½ day without meal	25 €

## FORMULAS

5 consecutive days	180 €
--------------------	-------

Full payment must be made on the first day of your child's attendance. Payment can be made by cheque drawn on a French bank account made out to Trésor Public, or with French holiday vouchers or in cash directly to the Youth Service.

⚠ Credit/debit cards are not accepted.

## WHEN?

During French Zone B school holidays, every day from 8.30am to 5.30pm

Christmas holidays

From 21/12/2019 to 05/01/2020

French half term holidays

From 22/02 to 08/03/2020

French Easter holidays

From 20/04 to 24/04/2020

Open every Wednesday outside

French school holidays.

## WHERE?

209 route du mont Favv - G4

West Carroz -

Shuttle bus line A: "Les Tavaillons" stop

+33 (0)4 50 90 24 58

[loupiots@aracheslafrasse.fr](mailto:loupiots@aracheslafrasse.fr)

## WHY?

So that you can make the most of your time on the mountain with complete peace of mind knowing that your child is safe in an age-related centre with qualified staff.

## HOW?

Download the booking form from our website:

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

Return the completed form to

[loupiots@aracheslafrasse.fr](mailto:loupiots@aracheslafrasse.fr) in order to receive confirmation of your request.

It is possible to book in person, depending on availability.

A minimum of 6 children enrolled is required for the centre to be open.

Bookings must be made in advance and at the very latest the day beforehand.

We highly recommend that you book ahead.

⚠ Cancellations must be made at least 72 hrs in advance.

# Children Leisure Centre



# Children's Activities

## TAKE THAT LEAP!

### PARAGLIDING

#### PARAPENTE PLANETE

Tandem flights from 75€. From 6 yrs old.  
Reductions possible for young passengers.  
+33 (0)4 50 18 57 18 - +33 (0)6 52 94 33 81

#### AIR PASSION

Tandem flights from 75€. From 6 yrs old.  
+33 (0)6 85 75 03 81

Head to the farms  
where cheese is made.

## FOR FOOD LOVERS

### FARM VISITS

#### BALLANCY FARM (5km from Les Carroz)

Cheese made every morning from 9am to 11am (except Tuesdays and Sundays).  
Credit/debit card payments not accepted.  
+33(0)6 11 22 53 68

#### THE PIERRE A LAYA GOAT BARN

Come and visit the goat barn and its farm animals and see how fresh cheeses, "crottins" (small cheeses) as well as yoghourts and goats' milk soap are made.  
Visits and farm shop.  
+33(0)6 01 79 38 95

## THE FAR NORTH IMMERSION

### DOG SLEDDING

(Introduction to dog sled driving)

#### EVASION NORDIQUE

For the under 12's: 1 hr: 50€  
Half day: 80€ and full day: 160€  
+33(0)6 82 09 50 03  
evasion.nordique.74@wanadoo.fr

#### HUSKYDALEN

From 7 to 12 yr olds: from 49.50€ to 88€  
Family formula: 220€  
+33(0)6 84 99 34 67  
huskydalen@orange.fr

In the mountains,  
animals also like  
winter sports...





## ALPINE COASTER

Every day from 3pm to 7pm  
 Children must be aged 4+ (minimum height 1.05m) accompanied and from 9 years old (minimum height 1.40m) unaccompanied.  
 One or two riders per sled.  
 7€ per run - 30€ for 5 runs  
**+33(0)4 50 90 00 42**  
 Starts from the gondola departure platform.  
 More details on page 28.



## For children who ski

**"Kid'O'Ski" is the ideal formula to enjoy family holidays with complete peace of mind and allowing your children to get the most out of their time in the mountains.**

When it's snowing and freezing cold outside, what better than to stay indoors in the warm for a spot of family fun. So let's get under cover!

## STORM WARNING

### THE LIBRARY

Books, DVDs, family games to hire.  
 Opening times and prices p.30.  
**+33(0)4 50 90 33 81**

### BOWLING ALLEY

In Flaine. Special lanes equipped with bumper rails and launch ramps, for children from 2½ yrs old.  
 Snack bar and games room.  
 1.50€ shoe rental (size 22+).  
 Open throughout the season from 5pm to 3am (from 2pm in the event of bad weather).  
**+33(0)4 50 34 04 72**  
**+33(0)6 64 27 26 07**

### THE CINEMA

One screening at the end of the afternoon and one in the evening with an extra afternoon screening during French half term holidays when the weather is bad.  
 Programme available from the Tourist Office.  
**+33(0)4 50 90 05 08**

### AQUACIME SWIMMING POOL

Child tariff for 3 to 15 yr olds.  
 13.50€. Details p.36/37.  
**+33(0)4 50 90 24 80**

It is a service available to all children holidaying in the resort of Les Carroz. We provide:

- A lively club for children aged between 3 and 12 from Sunday to Friday from 8.30am to 4.30pm.
- A service to accompany and collect children from ESF and ESI ski lessons.
- A range of fun and diverse activities for them to amuse themselves in the mountain environment whilst being supervised by qualified play leaders.

## EVERYONE OUT!

### SNOWMOBILING

Passenger behind a parent from 8 yrs. old; passenger behind the guide from 5 yrs. old: 45€.  
**+33(0)6 12 21 40 60**

### ICE RINK

Session with skate hire 7€.  
 Details on page 35.  
**+33(0)4 50 90 30 04**

### SLEDGING SLOPE

Safe sledging area complete with covered magic carpet on the Bardelle piste. FREE

### QUAD (Flaine)

**ICE QUAD FLAINE**  
 From 40€ - from 7 yrs old.  
**+33(0)6 21 09 99 02**

Because there's more to winter sports than just skiing, this is for family fun so let's slide!

## PRACTICAL INFO

From 21/12/2019 to 17/04/2020.

### TERNELIA LES FLOCONS VERTS

123, rte des Servages  
 74300 LES CARROZ  
**+33(0)4 50 90 04 46**  
**grandmassif@ternelia.com**  
 Additional information and enrolment on site, by phone or email.

## KID'O'SKI FORMULAS

½ DAY without meal	28 €
½ DAY with meal	33 €
ALL DAY with meal	45 €
5 CONSECUTIVE DAYS	190 €
6 CONSECUTIVE DAYS	230 €

## SNOWSHOEING

Children sometimes find walking a bit dull, but out in the snow with snowshoes on your feet, it's a lot more fun, so let's go hiking!

### CAIRN

Bookings at the Bureau des Guides.  
 For the under 12's. Half day and Evening: 15€ / Full day: 25€.  
**+33(0)4 50 90 02 74 - +33(0)4 50 90 06 55**

### LA VACHE QUI RIDE

Bookings at the ESF office.  
 Group snowshoe outings from 7/8 yrs. old: 25€.

Teepee outing accompanied by adults from 8/10 yrs. old: 25€ + meal at 18€.  
**+33(0)6 85 02 37 00**

### MONTAGNE ACTIVITÉS

Group snowshoe outings from the age of 7. Half day: 20€ / Full day: 40€.  
**+33(0)6 85 66 59 42**

# 4 - season Alpine Coaster

## 4-season Alpine Coaster

**4-season Alpine Coaster in Les Carroz:  
have a go at the virtual  
reality experience!**



Starts from the Carroz gondola departure platform.

Children must be aged 4+ (minimum height 1.05m) accompanied and from 9 years old (minimum height 1.40m) unaccompanied. One or two riders per sled\*.

\*Note: There must be 2 people in the sled for the passenger to use the VR headset. Descent punctuated with banked turns, rollers and flip-flaps; one of the most exhilarating coaster tracks in the Alps, if not the most exhilarating!

Allow 6 minutes for the whole run (up and down).

Self-service Photo-souvenir system.  
2€ per photo (cash or credit/debit card)

**Every day 3pm - 7pm, bottom of Les Carroz's gondola.**

### TARIFFS

1 run*	7€
5 runs*	30€
10 runs*	55€
VR headset rental**	6€

\*1 or 2 people per sled, valid 1 year from date of purchase \*\* There must be 2 people in the sled when the passenger is using the VR headset

Have a go at the virtual reality experience for an even more unforgettable ride.

Virtual Reality headset (optional): combined descent and 360 degree 3D film during the run. Total immersion in a virtual universe and heightened sensations.

Must be 2 people in the sled, only the passenger (the one in front) can wear the Virtual Reality headset.

**UNIQUE IN FRANCE,  
TWO 3D FILMS TO CHOOSE  
FROM INCLUDING THE NEW  
"BLACK VALLEY"  
THIS WINTER**



SALE

RENTAL

PROPERTY  
MANAGEMENT

← ACCUEIL

Du lundi au samedi  
de 9h à 12h et de 14h à 18h  
Tél : 04 50 90 54 54  
www.altimmo-lescarroz.com

ALTIMMO  
LES CARROZ D'ARÂCHES

Créé avec amour par waouh.coop - ©photos : C. Savouret

For Anca and Philippe Bourdon making you feel welcome has become a second nature of their customer service behaviour.



# ALTIMMO

SALE, RENTAL AND PROPERTY MANAGEMENT

Your property is unique...  
choose an agency that matches up your expectations !

We'll take care of your property  
as if it's our own...  
Full support from A to Z,  
efficiency guaranteed !

Altimmo takes your property plans to heart, we  
guarantee a personal service, competence and  
efficiency !

21 route de la télécabine  
74300 Les Carroz d'Arâches  
Tel. +33 4 50 90 54 54

info@altimmo-lescarroz.com  
www.altimmo-lescarroz.com



altimmolescarroz

# Adult Activities

LET'S NOT  
FORGET  
CULTURE!

## LIBRARY

You can borrow books, DVDs and family games.  
French school holidays: from Monday to Friday from 4pm to 7pm  
Outside French school holidays: Mondays, Wednesdays and Fridays from 5pm to 7pm.  
Closed on Saturdays and Sundays.  
+33(0)4 50 90 33 81

## AQUACÎME

Take advantage of the well-being area and the indoor relaxation pool, sauna, steam room and solarium. Details on p.36/37  
+33(0)4 50 90 24 80

## AQUAFITNESS

30 min sessions every Monday and Friday at 11.15am. Booking necessary. 11€ per session. Details on p.37  
+33(0)4 50 90 24 80

## AQUABIKE

One session every Wednesdays at 11.15am at the Aquacime centre. Booking necessary. 15€ per session  
+33(0)4 50 90 24 80

## FITNESS

Chloé runs fitness classes 3 evenings a week in the Aquacime keep fit room.  
Group sessions for stretching, muscle strengthening, cardio and weight training.  
See the "BTF avec Chloé" Facebook page to find details on occasional outdoor sessions!  
+33 (0)7 50 99 41 42

## 10 PIN BOWLING

Try and get a strike in Flaine's bowling alley. Open from 5pm (or 2pm if weather is bad) until 3am.

## CULTURAL CENTRE

Various exhibitions and workshops.  
Information p.38  
+33(0)6 89 90 09 38

## THE PIERRE A LAYA GOAT BARN

Come and visit the goat barn and its farm animals and see how fresh cheeses, "crottins" (small cheeses) as well as yoghourts and goats' milk soap are made.  
Visits and farm shop.  
+33(0)6 01 79 38 95

## PRECIOUS STONES

The "Atelier Goyave" organises gemmology courses.  
By appointment only - from 50€.  
+33(0)4 50 90 38 08

Snack bar and games room.

3 pool tables, 4 simulators, Table football, basketball game and shuffleboard. Karaoke every Wednesday evening by reservation.  
Adults: 10€ + 1.50€ for shoes.  
+33(0)4 50 34 04 72 - +33(0)6 64 27 26 07

## DOG SLEDDING

2 companies to teach you how to drive a dog sled team. Follow the lead with a qualified instructor through the Molliets snowfields and imagine that you are in the Far North. Book early as it is a very popular activity!

## ÉVASION NORDIQUE 74

Minimum 1 hr: from 70€ - half day 130€  
Full day 260€.  
+33(0)6 82 09 50 03  
evasion.nordique.74@wanadoo.fr

## HUSKYDALEN

Adults from 78€ to 139€  
Family rate (2 adults + 2 children aged 7 to 12) = 220€  
+33(0)6 84 99 34 67 - huskydalen@orange.fr

## THE CINEMA

« LE CHOUCAS »  
2 daily screenings.  
Programme available at the cinema or from the Tourist Office.  
+33(0)4 50 90 05 08

## BRIDGE

In January and March 2020, every Monday and Thursday from 5pm to 8pm.  
+33(0)6 08 43 80 46

## BALLANCY FARM VISIT

Children and adults alike will delight in meeting the Ballancy farm animals (5km from Les Carroz). Fabrication of cheese every morning from 9am to 11am, farm shop open from 9am to 11am and from 6pm (except Tuesdays and Sundays).  
Credit/debit card payments not accepted.  
+33(0)6 11 22 53 68

## GUIDED TOURS OF OUR HERITAGE AND RELIGIOUS BUILDINGS

Sign up at the tourist office. Tuesdays (only outside French school holidays) at 2pm - 2€ pp. Maximum 8 people.



## HIGH MOUNTAIN ACTIVITIES

### MONTAGNE ACTIVITÉS

Ski touring, off-piste outings...  
Vallée Blanche from 100€.  
Daily private hire 410€  
**+33(0)6 11 32 90 07**

### BUREAU DES GUIDES

Open from 5pm to 7pm. Off-piste, free-ride skiing course from 1 to 5 days. Ski touring outings. Vallée Blanche run in Chamonix. Introduction to ice climbing. Mountaineering.  
Tariffs: from 90€ pp.  
Guide hire 350€ per day for 4 people + 50€ pp. Maximum of 5 to 8 people depending on the activity and the conditions.

**+33(0)4 50 90 06 55**  
**+33(0)6 99 20 24 01**



There's so much more than just skiing...

### FATBIKE

Discover the thrills of fatbike on Les Carroz's ski area!!

### NETSKI.FATBIKE

Discover the mountain at night time. Introduction to fatbike in the morning. Group outings, seminars, evening outings with mountain restaurant meal.

Minimum 4 people.  
**+33(0)4 50 90 24 00**  
**www.newloc.com**  
**www.netski.com**

### BUREAU DES GUIDES

"Déval-fat": a 6 km run downhill from 35€ pp. "Rando E-Fat", a 10km ride on an electric fatbike from 55€ pp.

**+33(0)4 50 90 06 55**

### HELICOPTER

25 minutes from Les Carroz, take to the skies for unforgettable memories above amazing landscapes.

From 90€ pp.  
**SAVOIE HELICOPTERES**  
**+33(0)4 50 47 25 30**

### SNAKE TOBOGGANING

Fun and laughter guaranteed! Have a go at sledging on toboggans linked together, allowing them to snake across the snow in complete safety on a closed piste.

20€ pp. Activity for 2 hrs

### CAIRN

Bureau des Guides  
**+33 (0)4 50 90 02 74**  
**+33 (0)4 50 90 06 55**



### SNOWMOBILING

Starting just above Molliets. Fantastic evening ride along pistes and through the forest. Warm log fire welcome in a teepee.

Snowmobile solo or with a passenger: 120€  
Behind the guide 45€  
**+33(0)6 12 21 40 60**  
Night time après ski activity.

### PARAGLIDING

2 FFVL approved schools for you to discover the pleasures of the air or take a course for perfecting your technique.

### AIR PASSION

Flights from 75€.  
**+33(0)6 85 75 03 81**

### PARAPENTE PLANÈTE

Flights from 75€.  
**+33(0)4 50 18 57 18**  
**+33(0)6 52 94 33 81**

## + ALPINE COASTER

Details on page 28.

### ICE SKATING

See p. 35  
**+33(0)4 50 90 30 04**

### ICE QUAD

#### ICE QUAD FLAINE

Welcome you at their circuit in Flaine, discover the joys of driving a quad on ice.

Open every day. From 50€ per adult.

**+33(0)6 21 09 99 02** - icequad.fr  
icequadflaine@gmail.com



**Carrefour**  
*montagne*

IN LES CARROZ  
SHOPPING IN  
THE RESORT ?

**EASY**



**7 DAYS A WEEK**  
**7.30AM – 8PM** \*

Bread and pastries cooked on site  
Home delivery - Carrefour loyalty card



**CARREFOUR MONTAGNE LES CARROZ**  
Village centre, behind the cinema, opposite the ice rink

19 Chemin du Club, 74300 LES CARROZ  
+33 (0)4 50 18 60 00 - [carrefour.lescarroz@gmail.com](mailto:carrefour.lescarroz@gmail.com)



# Hiking Snowshoeing

## Get Off the beaten track

Want to go further, higher, then call on our mountain professionals for alternatives in complete safety!

### CAIRN

Book at the Bureau des Guides. Walks for all abilities for discovering the mountain environment along different themes: mountain habitat; natural history; alpine countryside; men and mountains; merchants and clock making; wildlife.

Adults: ½ day and evening 20€ / Full day 30€  
Children -12 yrs old: ½ day and evening 15€ / Full day 25€

Private booking (minimum 5 people) 120€ / Full day 210€

Equipment and transport to the site provided.

**+33(0)4 50 90 02 74 / +33 (0)4 50 90 06 55**

### LA VACHE QUI RIDE

Book at the ESF office. Easy snowshoe walks are available every day at different sites and with varied themes enabling you to discover the diversity of the mountain in winter and to enjoy the snow other than on skis.

Free transport for up to 8 people.

½ days from 9am to 12 noon and from 1.30pm to 4.30pm or from 2pm to 5pm depending on the time of year. 25€.

Teepee evening 25€ + 20€ for the meal.

Snowshoes and poles provided, meal only during French school holidays.

**+33(0)6 85 02 37 00**

### MONTAGNE ACTIVITÉS

Ghislaine leads snowshoe outings every morning from 9am to 12 noon or every afternoon from 1.30pm to 4.30pm. Very friendly outings in small groups adapted to suit your ability.

Book by telephone and meet in front of the pharmacy.

½ day 25€ / Full day 40€

Snowshoes and poles provided.

**+33(0)6 85 66 59 42**

### GONDOLA PEDESTRIAN TICKET

Take the Kédeuze gondola to admire the valley view from above or simply just to watch the skiers setting off.

TARIFFS	Adult/Senior	Child
Return trip	8,50 €	7,50 €
10 return trip card	49 €	
Season	139 €	

## HIKING WITHOUT A GUIDE, SOME USEFUL ADVICE

Hiking and snowshoeing trail maps are available from the Tourist Office.

Follow the signposts the length of the trail, marked with the corresponding trail number

Do not overestimate your capabilities; be aware of the length of the walk. Beware: it gets cold quickly and night falls early in the mountains!

Take warm clothing, good boots and a snack.

In the event of a problem, call 18 or 112 from a mobile phone.

Check the weather forecast before setting out (displayed at the tourist office and the lift ticket offices).

Pedestrians are not allowed on the ski pistes, their use is strictly regulated for skiers only, with the exception of marked itineraries.

# Cross-country skiing

## COL DE PIERRE CARRÉ CROSS COUNTRY SKI AREA

12km from Les Carroz towards Flaine. This cross-country ski area is situated at an altitude of 1800m overlooking the Arve valley.

It has a 2.5km long blue piste prepared for both classical and skating cross-country skiing techniques.

There are also 6km of pedestrian/snowshoe trails to enjoy.

### TRAIL RUNNING TRACKS

Red track: Pierre Carrée 6km  
Blue track: The Arbaron 3.5km  
Green track: Combe Enverse 3 km.  
Two (timed) challenge tracks: 3km and 6km

### TOBOGONNANING

2 sledging slopes at the Col de Pierre Carrée for all ages.

### FREE SKI AREA FOR EVERYONE

FLAINE TOURIST OFFICE  
+33(0)4 50 90 80 01

⚠ There is no shuttle bus from Les Carroz to this ski area, nor is there a hire shop, so make sure that you take all your equipment with you!

Free shuttle buses Les Carroz - Agy  
Free shuttle buses run from Les Carroz every day except Saturday until the end of March.

Information and timetable available from the Tourist Office +33(0)4 50 90 00 04

## THE AGY CROSS COUNTRY SKI AREA

At 12 km from Les Carroz, enjoy 30 km of groomed trails situated above St. Sigismond with unspoiled views of Les Carroz and the Giffre valley. Trails are open every day from 8.30am to 5pm.

### THE LITTLE EXTRAS

3 pedestrian and/or snowshoe trails (from 2 to 15km in length). Possibility of hiring snowshoes on site.

1 dedicated tobogganing slope. Possibility of hiring toboggans on site.

10 picnic tables are situated at the start with others along the trails in sunny spots and pretty viewpoints.

A picnic room with toilets at the start.

A restaurant "La Tanière" beside the car park  
+33(0)4 50 34 12 35

2 green trails (2 km); 2 blue trails (4 km and 6 km)

1 red trail (12 km), 1 black trail (9 km)

1 musher +33(0)6 77 82 09 45

## INFORMATION & BOOKINGS

Agy Cross Country Ski Centre  
+33(0)4 50 34 27 53

SKI PASS	Day	Week	Season
Adult	8,60 €	38 €	66 €
Reduced rate (from 1pm)	7,60 €	-	-
Young person	4,50 €	21 €	32 €

EQUIPMENT RENTAL ON SITE	Adult	Young person
Full equipment	13 €/day	6,50 €/day
Skis only	7 €/day	4 €/day
Boots	5 €/day	3 €/day
Poles	1,80 €/day	1,80 €/day

## CROSS COUNTRY SKI LESSONS ESF

+33(0)4 50 34 27 53

Children can start lessons from the age of 3.

	Private lessons for 1 to 2 people	Family lessons for 3 to 5 people	Group lessons
1 hr	42 €	54 €	54 €
1½hrs	58 €	78 €	78 €
2 hrs	78 €	98 €	30 €/person or 145 €/for 6 people

## BIATHLON

The biathlon is a discipline which combines cross-country skiing with rifle shooting. Discover this fascinating sport under the guidance of our instructors.

	Shooting range hire (6 rifles)	Private lesson with an instructor
1/2 Day	30 €	1 ½ hrs 75 €
Full day	50 €	2 hrs 90 €

# Ice Rink

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An activity to enjoy with friends or family on our outdoor rink

## OPEN

**14<sup>th</sup>, 15<sup>th</sup> and 18<sup>th</sup> December**  
**and then from 21/12 to 08/03**  
(15/03 depending on weather conditions)

### During French school holidays:

Mondays and Saturdays 2pm to 7pm  
Tuesdays and Thursdays 2pm to 7pm and 8pm to 10pm  
Wednesdays 10am to 12 noon, 2pm to 7pm and 8pm to 10pm  
Fridays 10am to 12 noon and 2pm to 7pm  
Sundays 10am to 12 noon and 2pm to 7pm

### Outside French school holidays:

Mondays, Tuesdays, Thursdays and Fridays 3pm to 7pm  
Wednesdays and Sundays 10am to 12 noon and 2pm to 7pm  
Saturdays 2pm to 7pm

## TARIFFS

	1 session	10 sessions	Season pass
Including skate hire	7€	60€	80€
Without skate hire	5€	45€	60€

---

## TOP TIP

**PROMOTIONAL SESSION** at 5€ (including skate hire) every Wednesday from 10am to 12 noon and from 2pm to 7pm

**+33(0)4 50 90 30 04**

**We strongly advise wearing gloves and a helmet.**

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# Aquacîme

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AQUACÎME  
Mountain spa - Piscine - Fitness

## DIVE INTO A POOL OF RELAXATION

The leisure centre's appeal lies in its large heated outdoor pool with an unspoilt view of the Timalets piste and the snow-capped peaks. In the middle of winter, you can enjoy the sauna, steam room, indoor relaxation pool as well as the impressive cardio-fitness room.

NEW

Reserved for adults only every Thursday from 1pm to 4.30pm.

ENTRY	ADULTS	CHILDREN*
1	17 €	13,50 €
5	80 €	64 €
10	147 €	110 €

\*aged 3 to 15 incl.

### PROMO

from 6<sup>TH</sup> JANUARY to 2<sup>ND</sup> FEBRUARY and from 30<sup>TH</sup> MARCH to 19<sup>TH</sup> APRIL  
ADULT 13,50 €  
CHILD 11,50 €

## OPENING TIMES

Every day from 14th December 2019 to 19th April 2020 from 1pm to 7.30pm.  
+33(0)4 50 90 24 80

## TO KEEP IN SHAPE

### AQUABIKE

Sessions held every Wednesday at 11.15am. Booking necessary. 15€ per session. Minimum 2 people and up to 6 people maximum. An extra session is held at 12 noon on Wednesdays during the French Christmas and February half term holidays

## FOR ALL ROUND FITNESS

Combine well-being with sport by choosing the "Well-being area + cardio fitness room" package. Tickets on sale at the Aquacime centre reception.

1 Entry : 21 €  
5 Entries : 100 €  
10 Entries : 189 €

## THE HEIGHT OF WELL-BEING

### THE SAUNA

Come and invigorate yourself in these wooden rooms where temperatures can reach 70 to 80°C.

### THE SPA POOL

For head and body well-being why not dive into the pool with its bubbles, massage jets and waterfalls. Depth 1.30m

### THE STEAM ROOM

Let yourself go in the 50°C wet heat of this room.

### THE NORDIC POOL

Experience the pleasures of swimming outdoors in water heated to 32°C with bubble plates and massage jets, surrounded by snow and in full view of the snowy peaks  
Depth: 1.50m min and 2.20m max.

### THE SOLARIUM

Soak up the sun on the loungers provided whilst looking out at the pistes and the pool.

## WORTH KNOWING

Swimming trunks or swim shorts obligatory

For your convenience:

- Swimwear sold on site (men, women and children)
- Towel hire
- Poolside shoes sold

Under 16's are not allowed in the sauna and steam room

Well-being area is accessible to people with reduced mobility and a pool access chair is available on demand

French holiday vouchers are accepted.

# Cultural Centre

## THE EXHIBITIONS

Each week, two artists display their works. Artists in all mediums and styles delight us with their art ranging from paintings, abstract art, sculptures, photographs, portraits to creative designs. Come and meet the artists every Monday at 5.30pm. **FREE ADMISSION** Every day from 10am to 12.30pm and from 4pm to 7.30pm, closed on Saturdays..

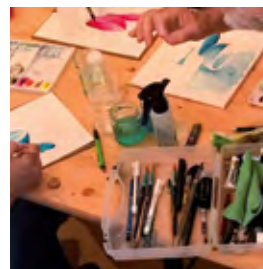
## Les Carroz on show

A UNIQUE PLACE FULL OF WONDERS IN WHICH TO MEET UP IN LES CARROZ. The Cultural Centre provides an artistic break in an unusual setting. Many new horizons for you to discover at your leisure.



### CULTURAL DEBATES

These take place in our cinema theatre and are led by professionals in their field. A wonderful occasion to find out more and to debate current cultural or artistic themes.



### WORKSHOPS

The artists themselves will present and share their passion and skills to which anyone can aspire. Learn different techniques and materials... but most importantly the pleasure of creating one's own work of art.

Information and registration:  
centre.culturel@aracheslafrasse.fr  
**+33(0)4 50 58 67 60**  
**+33(0)6 89 90 09 38**

### "AWAY DAY"

#### OUTINGS

Come with us for a change of air in other nearby cultural places for theatre, music, singing, circus, dance, museums or other excursions.

### PHOTO COURSES

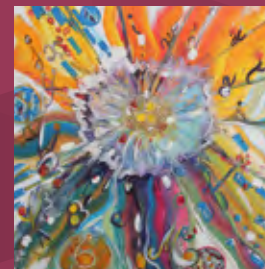
Christophe Gerdil will help you take better shots during the one day course.



Nicole BOMMARITO

### SEA AND MOUNTAIN TROPHY

From 19<sup>th</sup> to 24<sup>th</sup> January  
With the participation of two photographers and an artistic painter.



Marie CAVORET

### HYPNOPEINTURE

From 1<sup>st</sup> to 6<sup>th</sup> March  
Paint under hypnosis...  
Surprise yourself, let yourself go and open your mind... imagine... look at life differently in technicolour... child's play!

# Chill Time

Restfulness,  
well-being and beauty

One-way ticket to "Zen Altitude"

Time to relax  
after a day on  
the slopes or  
quite simply  
for a bit of  
pampering

## CAR-Ô-BEAUTÉ INSTITUT LEÏLA - PAYOT

Situated in the centre of Les Carroz, next to the Tourist Office. Beauty salon. Hair removal, eyebrow/eyelash dyeing, make-up, manicures and pedicures using ESSIE products. Body treatments (massage, exfoliation, wraps), facials, using the PAYOT range. Open all year, access via the FINI'TIFS hairdressing salon.  
**+33(0)6 62 22 06 08 - +33(0)4 50 90 36 80**  
Car-o-Beauté.com

## CAROLL KLUFTS 7ENERGIE

Energy treatments, Reiki, reflexology, Japanese lifting, bioenergy healing. Energetic healing to improve and speed up an ongoing treatment, pain and stress relief, stimulate the immune system.  
**+33(0)6 87 97 68 50**  
www.7energie.fr

## FINI'TIFS COIFFURE

Hairdressing salon. Village centre, next to the Tourist Office. For women, men and children.  
**+33(0)4 50 90 36 80**  
sites.google.com/view/finitifs-coiffure

## MIREILLE PAPET

With Mireille, you have time for relaxation and waves of well-being, to release all tension and rediscover your energy potential through sophrology, Reiki (master teacher) or Egyptian-Essenian therapies.  
**+33(0)6 77 05 05 78**

## MOUNTAIN SPA & WELLNESS BY LA CROIX DE SAVOIE

Enjoy the privacy and tranquillity of the setting and discover a place where lavish treatments lead to inner beauty and well-being. Open every day depending on availability.  
**+33(0)4 50 90 00 26**  
www.lacroixdesavoie.fr

## Ô DES CIMES ALTITUDE SPAS

Want to treat yourself, unwind or you simply need rejuvenating? "Ô des Cimes" is open to everyone providing tailor-made body and facial treatments, beauty treatments and rituals. Head for the Chalets de Jouvence and the Chalets de Léana to attain the height of well-being.  
**+33(0)4 50 53 68 07 - +33(0)4 50 93 26 80**  
www.odescimes.com

## ORÉ BIEN-ÊTRE

Soothing physiotherapy massages; a private relaxation area with hydro massage spa and Finnish sauna for friends, families or couples to take time out together. Private area.  
**+33(0)6 62 02 05 25**

## PROSHEN LAURENT PROST

Shiatsu sessions. Practice or discover Qi Gong or Tai-chi, activities suitable for everyone. An original programme: warm-up, recuperation and breathing are all fundamental elements of good practice.  
**+33(0)6 23 14 83 23 - +33(0)4 50 90 04 46**  
proshen.free.fr

## SHAMBHALA-MYRIAM PINEAU

Shambhala - Myriam Pineau provides various massages using organic vegetable oils (sports, energetic and deep relaxation massages), seated Amma massage, Reiki (Reiki Master).  
**+33(0)6 67 90 76 36**  
www.message-carroz.com

## DEEP NATURE SPA BODY AND FACIAL TREATMENTS

Personalised treatments provide you with a tailor-made relaxation programme: facial and body treatments; beauty treatments; bespoke massages or themed packages.  
**+33(0)4 50 90 64 00**  
www.pierreetvacances.com

## CHILDREN'S CHILL TIME

### CHILDREN'S SPA

Treatments and massages for babies (aged 2 to 9 months) and children (from 6 yrs old); open every day from 10am to 12 noon and from 3pm to 8pm.

Chalets de Jouvence  
**+33(0)4 50 53 68 07**  
Chalets de Léana  
**+33(0)4 50 93 26 80**

### MY 1<sup>ST</sup> MESSAGE BY NOUGATINE

A massage (back, neck, arms and face) specially adapted to suit children with warm and lightly perfumed 100% organic "Originelle" oil.

Share a duo massage room with a tandem parent/child offer. Well-being area in the Pierre et Vacances residence.  
**+33(0)4 50 90 64 00**

# By Night

Activities carry on into the evening so that your holiday memory bank is overflowing

## AN EVENING WITH A DIFFERENCE

### EVENING OR WEEKEND IN AN INDIAN TEEPEE

(only during French school holidays)

Enjoy a fondue cooked over a wood fire in a real Indian teepee followed by a torchlight return. Transport available for up to 8 people. Equipment provided. 25€ + 20€ for the meal.

#### LA VACHE QUI RIDE

+33(0)6 85 02 37 00

### EVENING SHOWSHOEING AND MOUNTAIN DINNER

Put your head torch on and head up to a mountain restaurant at night time to delight in Savoyard specialities.

Unique experience in a convivial atmosphere.

#### CHALET DES TRONCHETS

+33(0)6 07 65 42 36

#### L'IGLOO

+33(0)4 50 90 14 31 - +33(0)6 87 81 17 05

## GET YOUR FILL OF THRILLS

### TORCHLIGHT DESCENT

Every Wednesday during French school holidays. Sign up at the Tourist Office.

### INTRODUCTION TO SKI TOURING

Another way to discover the mountainside, come and find out what ski touring is about.

#### ESF

+33(0)4 50 90 02 39

### SNAKE-LINKED TOBOGANNING

Have a go at a night-time descent on sledges linked to each other! (cf p.31)

#### CAIRN AT THE BUREAU DES GUIDES

+33(0)4 50 90 06 55 - +33(0)4 50 90 02 74

### SNOWMOBILING

Whether on your own or with others, explore the mountain under a starlit sky. (cf p. 31)

#### NATURE MOTONEIGE

+33(0)6 12 21 40 60

### FATBIKE

Discover the thrills of FATBIKE on Les Carroz's ski area under the guidance of an instructor! (further details on p.31)

#### NETSKI

A fatbike evening with a meal in an Indian teepee: Savoyard fondue cooked over a log fire! Return to Les Carroz at night time on an electric fatbike. Booking obligatory.

+33(0)4 50 90 24 00

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

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

#### BUREAU DES GUIDES

+33(0)4 50 90 06 55

### 4-SEASON ALPINE COASTER

A 4-season alpine coaster in Les Carroz this winter: have a go at the virtual reality experience! Details on page 28

+33(0)4 50 90 00 42

## OUT WITH THE FAMILY

### THE CHOUCAS CINEMA

The Choucas cinema has screenings twice a day to watch a film during your holidays.

+33 (0)4 50 90 05 08

### BOWLING ALLEY IN FLAINE

The bowling alley is open every day from 5pm (2pm in the event of bad weather) until 3am. It has 6 lanes, a games room and snack bar. Karaoke on Wednesday evenings by reservation.

+33(0)4 50 34 04 72 + +33(0)6 64 27 26 07

### THE ICE RINK

Take advantage of night time opening.

Couples, families and friends will all enjoy the magical atmosphere!

Night sessions during French school holidays from 8pm to 10pm on Tuesdays, Wednesdays and Thursdays.

Outside French school holidays until 7pm.

+33 (0)4 50 90 30 04





# COCKTAIL BAR

BOUTIQUE BEERS/WINES  
PREMIUM SPIRITS/BARISTA COFFEE BAR  
GOURMETS SNACKS AND APPETIZERS  
COSY LOUNGE ATMOSPHERE/HEATED TERRACE



# BAR PUB

VAST SELECTION OF BEERS,  
SPIRITS AND COCKTAILS  
LIVE CONCERTS/DJ AND THEMED EVENINGS  
EVERY WEEK: MONDAYS AND WEDNESDAYS

WARM AND FRIENDLY ATMOSPHERE  
SPORTING BROADCASTS, POOL AND DARTS



13 PLACE DE L'AMBIANCE - +33 (0)4 50 18 05 52



15 PLACE DE L'AMBIANCE - +33(0)9 75 98 43 99



# Eating Out



Whether you are looking for a traditional meal to fill you up or simply curious to try local flavours, there's a table for all tastes.

## RESTAURANTS

A.P.O. AUX PETITS OIGNONS - G2     



*Centre - At the entrance to Les Carroz*  
Muriel and Sylvain have been welcoming you to their gourmet restaurant since 2007. Varied fine cuisine, friendly, cosy setting. Lounge area. Terrace. Lunchtime daily special, burgers and salad dishes on weekdays. Recommended in the Petit Futé and Trip Advisor

+33(0)4 50 90 36 93 - [www.apo74.fr](http://www.apo74.fr)

## BISTRO-GRILL DU GRON - H2



*Route des Moulins*  
Prime beef rib specialist. All meat and fish is cooked on the fireplace. Not suitable for pushchairs and strollers. Open every evening during the season.

+33(0)4 50 18 62 12

**CHALET DES MOLLIIETS - OFF MAP**     



4 km on the road to Flaine from Les Carroz  
Mountain restaurant on the ski slopes and also accessible by car. Open lunchtime and evening. Large south-facing terrace. Savoyard specialities, fresh meat and fish.  
**+33(0)4 50 90 05 09** - [www.chaletdesmolliets.fr](http://www.chaletdesmolliets.fr)

**LA CROIX DE SAVOIE - J2**        



Le Pernand - 800 m from the village centre  
Gastronomic cuisine using the best seasonal produce, prepared by their chef. 360° view over the valley and of the kitchens in a modern setting. Panoramic and quiet terrace - unique in Les Carroz. 2019 Michelin guide rating: one plate and two fork. Logis rating "tables distinguées". Over 150 wines in the cellar. Menus and à la carte.  
**+33(0)4 50 90 00 26** - [www.lacroixdesavoie.fr](http://www.lacroixdesavoie.fr)

**LE NEVE - G2**        



Centre - Place de l'Ambiance  
Laurent welcomes you in his Savoyard farm style decor and South-facing terrace. All day snack service, slow-cooked dishes and Savoyard specialities. Bar, pancakes in the afternoon. Tartiflette to take away by order only.  
**+33(0)4 50 96 53 56** - [restaurantleneve.wordpress.com](http://restaurantleneve.wordpress.com)

**IL PICCOLO - H3**  



Centre - Les Campanules building  
Fabio and Simona serve home-made Italian cuisine using Italian produce, Savoyard specialities and pizzas. Everything is home-made from fresh produce. Take away pizzas, preferably ordered beforehand.  
**+33(0)7 60 54 74 49** - **+33(0)4 50 90 51 57**

**LA TANIERE - OFF MAP**  




In Agy - direction .St. Sigismond - 11 km from Les Carroz  
Situated on the Agy plateau at the start of the cross-country skiing and snowshoe trails. A mountain chalet with a friendly atmosphere for sampling traditional Savoyard cuisine. Booking advisable.  
**+33(0)4 50 34 12 35**

**LE REFUGE 1110 M - H3**    




Centre - Les Campanules building  
Fabienne, Stéphane and their staff serve traditional cuisine and dishes as well as Savoyard specialities (meat, fondues, raclettes, reblochonade...) at lunchtime and evening in a friendly and traditional setting.  
7 day/week (booking advisable for the evening).  
**+33(0)4 50 90 15 63**

**LEGEND**


 French meal voucher


 Free WiFi

 All day snacks


 Gourmet


 Home-cooked

 French holiday voucher


 Tea room


 Catering service


 Logis de France


 Panoramic view

 Disabled access

 Pizza / Take away dishes

 Regional specialities

 Organic produce

 Accessible on skis

# Eating Out

## LE TIRE-FESSES - G1



50m from the Gondola and Alpine Coaster departure area  
 Large sunny/covered and heated terrace.  
 Traditional and Savoyard home-cooked meals.  
 Pizzas, burgers and Röstis. "Origine Grand Massif" produce.  
 Breakfast. Take-away. Groups by reservation.  
 Open non-stop every day during the season.  
 Follow us on Facebook, Instagram and our Letirefesses app.  
**+33(0)4 50 90 38 48** - [www.letirefesses.fr](http://www.letirefesses.fr)

## LES AIRELLES - H2



At the bottom of the Figaro magic carpet - close to the gondola and the summer/winter alpine coaster. Lunchtime snack service in a warm and typical setting as well as on the sunny terrace beside the Figaro slope; afternoon tea room. The chalet restaurant serves Savoyard specialities and a gourmet menu in the evenings.  
 Open until 22/03/2020  
**+33(0)4 50 90 01 02** - [www.chalet-lesairelles.com](http://www.chalet-lesairelles.com)

## LES SERVAGES - I1



Bottom of the slopes (Timalets) - Servages  
 On the ski slopes at the bottom of the Timalets piste and accessible by the Route des Servages. Armelle greets you in a renovated farm. Refined traditional cuisine, daily specials, fantastic wine list, children's menu suggestions. Partly heated south facing terrace. 2019 Michelin guide rating: one red plate and 3 red forks. Gault et Millau guide: 2 chef hats.  
 Maitre restaurateur recognition.  
**+33(0)4 50 90 01 62** - [www.servages.com](http://www.servages.com)

## MILKHOTEL - I1



Bottom of the slopes (Timalets) - Servages  
 South-facing terrace at the bottom of the ski slopes. The modern dining room with its wooden décor provides a warm atmosphere for lunch and dinner. Barbecues on Thursdays and Sundays. We serve seasonal gourmet food mainly from organic and natural produce.  
**+33(0)6 17 77 70 23** - [www.milkhotel.fr](http://www.milkhotel.fr)

## ON THE GO

### O'POULAILLER - G2



Centre - Tourist Office building  
 Jérôme serves his speciality Kentucky-style chicken to share, plus chicken and beef burgers, BBQ, chips. Local fresh produce. Eat in or take out.  
**+33(0)7 55 05 58 23**

### LE YETI H2



Route des Moulins  
 Eat in or take out. Snack bar, caterer. Daily specials at lunchtime. Sunny terrace, all day service.  
**+33(0)4 50 53 50 23**



## BARS & PUB

### BARS - RESTAURANTS

#### GRIZZLY - G2



Open all year round. Non-stop food service 11.30am - 10.30pm. Choice of home-made burgers and fish and chips. The biggest choice of draught beers, gins and whiskies. Large sunny terrace. Meals to take away. Concerts.

+33 (0)4 50 91 02 77

#### LA POINTE NOIRE - G2



Warm and cosy interior. Large and heated terrace. New efficient and welcoming staff. Wines, cocktails, gourmet aperitifs. Fresh seasonal produce for delicious small dishes.

+33 (0)6 24 48 64 09 - +33 (0)4 50 18 51 83

#### LE MARLOW - G2



Large centrally situated bar, Le Marlow serves food all day long and has an amazing range of cocktails.

+33 (0)4 50 90 05 67

### BARS - PUBS

#### LE BARATIN - G2



Beer and Wine shop. Selection of wines and boutique beers. To drink in or take away. Snack bar. Local organic produce

+33 (0)6 72 15 62 06

#### LE CARPE DIEM - G2



The cosy atmosphere of a pub open from 6pm onwards. Cocktails, beers and whiskies. Concerts, see the pub's programme. Sporting broadcasts, free WiFi. Pool and darts upstairs.

+33 (0)9 75 98 43 99

#### SALENTO CAFE - G2

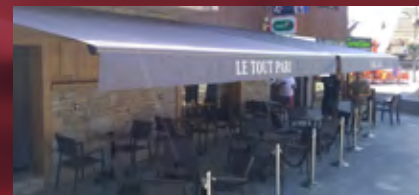


Cocktail bar - fine spirits - Barista coffee bar - select beers and wines. Gourmet aperitifs. Bite-sized snacks and appetizers. Local produce. Cosy atmosphere, heated terrace. Taste the difference.

+33 (0)4 50 18 05 52 - [www.salentocafe.fr](http://www.salentocafe.fr)

### BAR - PMU

#### LE TOUT PARI - G2



Bar, horse-race betting, FDJ and "amigo" lottery. Welcoming terrace.

+33 (0)4 50 90 50 33



*Non-exhaustive list of restaurants. The complete list is available from the Tourist Office on request.*

# Mountain Restaurants

## L'ANFIONNE



*Bottom of the Plein Soleil chairlift*

In a pretty Savoyard chalet, with a terrace offering a panoramic view, right beside the ski slopes, situated at the bottom of the Plein Soleil chairlift - good fast-food. Every day we offer traditional dishes and a variety of home-made desserts.

**+33(0)4 50 90 20 61**

## LE CHALET D'CLAIR



*Top of the Sairon chairlift - Morillon*

Mountain restaurant at the top of the Sairon chairlift. Restaurant, bar, terrace. Burgers, daily specials, regional specialties.

**+33(0)6 33 13 24 22 - +33(0)4 50 90 41 75**

## LE CHALET DES TRONCHETS



A little Savoyard stop off situated at an altitude of 1540 m. You need to book ahead! Savoyard specialties, potato fritters only if pre-ordered. Accessible on snowshoes from the Grangettes car park (approx. 1 ¼ hours). Credit/debit cards not accepted.

**+33(0)6 07 65 42 36**

## LE CROC BLANC



*Tête des Saix*

A panoramic terrace at the top of the Tête des Saix chairlift at 2100m. Bar, fast-food.

**+33(0)6 61 48 26 08**

## L'IGLOO



*Top of the Bergin chairlift - Morillon*

Mountain restaurant providing traditional cuisine and Savoyard specialties. Evening dining upon reservation on Fridays and Saturdays

**+33(0)4 50 90 14 31 - +33(0)6 87 81 17 05**

## LE K



*Top of the Kédeuze gondola - Les Carroz*

All of the staff at the K welcome you every day at the top of the gondola in their Lounge Bar restaurant. Large terraces with panoramic view. Snacks, self-service and table service. Fresh quality produce and home-made desserts.

**+33(0)6 64 11 19 37 - +33(0)7 50 69 42 84**





# Les Servages d'Armelle ★ ★ ★ ★

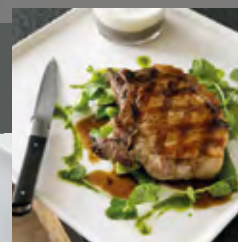
REFINED CUISINE

SUGGESTIONS AND DAILY SPECIALS AT LUNCHTIME

SAVOYARDE SPECIALITIES

SOUTH-FACING TERRACE

AT THE BOTTOM OF THE TIMALET'S PISTE



*In a former farmhouse  
on the ski slopes, at the  
bottom of the Timalets,  
but accessible by road on  
the Route des Servages,  
Armelle greets you on  
the terrace or by the  
fireside, whether in  
skiwear or evening wear!*

841, route des Servages / 74300 LES CARROZ  
+33 (0)4 50 90 01 62  
contact@servages.com / www.servages.com

# Shopping

The resort's  
useful addresses

## JEWELLERY

### ATELIER GOYAVE - H3



*Centre - Near the Place de l'Ambiance*  
Jewellery, gemmology, mineralogy.  
Manufacture, repairs, appraisals, stone  
cutting and gemmology courses. In store,  
discover the world of minerals with a wide  
choice of designer gemstones, precious  
stones, minerals and crystals.

**+33(0)4 50 90 38 08 - +33(0)6 87 32 83 56**  
[www.atelier-goyave.fr](http://www.atelier-goyave.fr)  
[www.goyavejoaillerie.com](http://www.goyavejoaillerie.com)

## NEWSAGENTS - TOBACONIST

### TABAC PRESSE LOTO FDJ - G2



*Centre - Near the Place de l'Ambiance*  
Toys, presents, tee-shirts, fashion  
accessories, souvenirs, books, cards,  
lottery, mobile phone recharge cards.

**+33(0)4 50 90 01 46**

## DECORATIONS

### POP UP STORE - H2



*Route des Moulins*  
This ephemeral store is an off-shoot  
of the Café de Balme in Magland with a  
mountain-style emphasis on period pieces  
or contemporary furniture; our draper  
Valérie makes curtains at the shop and can  
help you choose from a wide selection of  
materials.

**+33 (0)6 23 82 73 16 - +33 (0)6 09 75 83 09**  
[www.lesmontagnardes.fr](http://www.lesmontagnardes.fr)



## SPORTS AND CLOTHING

### ADVENTURE SKI - G2



Resort entrance

#### **SPORT 2000**

Ski and snowboard rental, Burton specialist. Snowshoe rental. Accessories sold. Private parking.

**+33(0)4 50 89 97 93**

[www.les-carroz.skimium.fr](http://www.les-carroz.skimium.fr)

### ALEX SPORTS - G2



Resort centre - Plâté Arcade

#### **GO SPORT MONTAGNE**

Sportswear and ski/snowboard rental shop. At the heart of the village with a 300 m2 shop floor on 2 levels. Sportswear, skiwear and accessories sold. Workshop for repairs and boot-fitting. Specialist technicians and sales staff at your service. Welcome with a smile!

**+33(0)4 50 90 01 12**

[www.alex-sports.notresphere.com](http://www.alex-sports.notresphere.com)

### AMBIANCE CARROZ SPORT - H2



Opposite the Place de l'Ambiance

#### **SPORT 2000**

Resort centre shop. Rental and sale of ski and snowboard equipment.

Bootfitting and accessories. Up to 50% discount off online rentals. MTB rental and mountain bike school.

**+33(0)4 50 53 61 74**

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

### A MENDY'S SPORT - G2



Next to the Tourist Office

Ski equipment for hire and sale, boot-fitting. Sells skis, clothes, various mountain sport accessories. Repairs carried out on all makes of ski.

**+33(0)4 50 90 23 00 - +33(0)6 36 67 70 88**

[www.mendy-sports.fr](http://www.mendy-sports.fr)

### A SKILIMANDJARO - H3



Centre - Near the Place de l'Ambiance

#### **SKIMIUM**

A ski instructor and a tennis instructor available to advise you on hire or purchase of ski equipment, snowshoes, sledges and helmets. Sportswear clothing sold: The North Face, Canada Goose, Oakley (clothing/goggles), Descente.

Burton snowboard specialist.

**+33(0)4 50 90 57 73**

[www.les-carroz.skimium.fr](http://www.les-carroz.skimium.fr)

### CARROZ SPORTS - H2



Bottom of the Figaro piste

#### **SKIMIUM**

Bottom of the slopes, Figaro tunnel. Ski lockers and storage. Ski/snowboard rental. Try before you buy. Bootfitting Fitzzone Sidar for the past 30 years. Specialist ski repair workshop. Recommended by ski instructors.

**+33(0)4 50 90 00 25**

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

# Shopping

Winter sports specialists at your service



## EASYSKI SKIMIUM – ARÂCHES



Arâches - 1km from Les Carroz

Rental: skis, snowboards, telemark skis, touring skis, snowscoots, snowshoes, toboggans, splitboards (Rossignol, Movement, K2) as well as selling various sports items. Free delivery with your reservations. Servicing and repairs.

+33(0)4 50 90 20 19 - +33(0)6 17 06 88 09  
www.skimium.fr

## INTERSPORT - G2



Opposite the Tourist Office

In the village centre opposite the tourist office, rental and servicing of winter sport equipment, sells low-priced clothing and accessories. Up to 50% off your equipment rental by booking on our website.

+33(0)4 50 90 09 80  
www.intersport-lescarroz.com

## FULL FEET - SKI 2000 - H3



Resort centre

SIDAS Proshop boot-fitting and foot Comfort Expert winter/summer. Personalised ski boot specialist in Les Carroz for the past 20 years. 3D Scanner and pressure platform, the only one in the Grand Massif. Custom-made insoles and 100% thermoset inner-boots, heating systems... Rental of downhill and touring skis, snowboards /sale/maintenance/accessories/ new FULL TILT. Happy skiing to all of our customers.

+33(0)4 50 90 00 82 - +33(0)6 07 04 95 32  
www.ski2000.fr

## JM LOCATION SKIS ET VELOS - H3



Les Campanules building

A dynamic and qualified team at your service for renting Salomon/Dynastar/ Rossignol/Völkl skis/snowboards as well as toboggans and childcare accessories. Equipment servicing and accessories shop. Our motto: service, quality, advice, safety.

+33(0)4 50 90 35 66  
www.jmlocationskis.com

## LE GARAGE DU SKI - I2



*Opposite the Bardelle sledging slope*

Rental/repair of skis/snowboards with brands such as DPS, Elan, Head, Volkl, Majesty. One of the biggest workshops in the resort with highly proficient ski techs.

New and an exclusive in Les Carroz: Phantom ecological and permanent waxing. Big private car park, 10 spaces. Reductions for bookings on our website, no deposit needed.

**+33(0)4 50 90 17 83 - +33(0)6 83 35 96 16**

[www.location-ski-lescarroz.fr](http://www.location-ski-lescarroz.fr)

## LE STRATO SKISET - H2



*Bottom of the Figaro piste*

Make skiing easy for yourself!

Bottom of the slopes and the Figaro magic carpet, ski back. Car park nearby. Reserve your ski lockers at the gondola station (depending on availability). Rental of ski equipment, snowboards and toboggans.

**+33(0)4 50 90 05 05**

[www.le-strato.com](http://www.le-strato.com) - [www.skiset.com](http://www.skiset.com)



OUVERT  
7J/7



## LOCATION & VENTE



### LOCATION

- \* SKIS, SNOWBOARDS,
- \* SKIS DE RANDONNÉE,
- \* SNOWSCOOTERS, SNOWSKATES,
- \* LUGES, PORTE-BÉBÉS...



### BOUTIQUE

- \* TEXTILES TECHNIQUES,
- \* OPTIQUES, CASQUES,
- \* SKIS, CHAUSSURES,
- \* GANTS, BONNETS...



### ATELIER

- \* FARTAGE, AFFÛTAGE,
- \* DÉPLACEMENT FIXATION,
- \* BOOTFITTING,
- \* THERMOFORMAGE CHAUSSURE...

# -15%\* DE RÉDUCTION À PARTIR DE 5 JOURS DE LOCATION !

**\*RENDEZ-VOUS EN MAGASIN POUR BÉNÉFICIER DE L'OFFRE**

**PLACE DE L'AMBIANCE, 74300 LES CARROZ . TEL: 04 50 90 35 86 OU TECHNIGLISSE@GMAIL.COM**



ROSSIGNOL



NORDICA



\*Offre non cumulable avec d'autres remises.

# Shopping

## NETSKI - G3



### *Place de l'Ambiance*

Simple, easy, fun: your reservation gets straight to the point. In complete transparency. And for everyone. Speedy process: kitting you out according to your needs, plus associated services. Your pleasure comes first: ski lockers, shuttle buses, delivery, equipment recollection, Fatbike, ESF lesson bookings...

**+33(0)4 50 90 24 00**

[www.newloc.com](http://www.newloc.com) - [www.netski.com](http://www.netski.com)

## SKI PLUS - G1



### *Opposite the gondola*

The closest shop to the gondola, next to the ESF and ESI. Ski locker rental by the week or season. Hand-prepared competition ski preparation. Touring ski and snowshoe rental..

**+33(0)4 50 90 36 97**

[www.ski-plus.fr](http://www.ski-plus.fr)

## SKISET LES CARROZ BY ROSSIGNOL - H3



### *Les Campanules building*

Make your holiday in the mountains easy for yourself! Rental equipment 100% Rossignol. Gondola ski locker reservation (according to availability). Shuttle service shop - holiday home. Equipment delivery - collection service.

**+33(0)4 50 90 24 24**

[www.alainSPORT.com](http://www.alainSPORT.com) - [www.skiset.com](http://www.skiset.com)

## TECHNIGLISSE - G2



### *Resort Centre*

New brands to be seen at Techniglisse. Come and discover what's new from Salomon, Picture and Odlo. Benefit from super promotions on rental with our new reservations website. Open every day during winter. Don't hesitate to come and see us!

**+33(0)4 50 90 35 86 - +33(0)6 78 10 12 22**

[www.location-ski-les-carroz.com](http://www.location-ski-les-carroz.com)

## ZIG ZAG - H2



### *Bottom of the Bardelle slope*

At the bottom of the Bardelle piste, equipment rental, sales, maintenance and repair of skis, snowboards, snowscoots, snowshoes, toboggans, clothing, protective gear. Brands include Scott, Volkl, Black Crow, Line, K2, Ride, Santa Cruz, Zag, Armada, Fisher, Nordica, Indem,... SNOW CHAINS SOLD. Private car park.

**+33(0)4 50 90 98 12**

[www.zigzag-sports.com](http://www.zigzag-sports.com)

# Traders and Businesses

## ACCOMMODATION

### HOTELS

LA CROIX DE SAVOIE ET SPA\*\*\*\*  
+33(0)4 50 90 00 26  
LES AIRELLES \*\* +33(0)4 50 90 01 02  
LES SERVAGES D'ARMELLE\*\*\*\*  
+33(0)4 50 90 01 62  
MILKHOTEL +33(0)6 17 77 70 23

### APART-HOTELS

LES CHALETS DE JOUVENCE \*\*\*\*  
+33(0)4 50 53 68 07  
LES CHALETS DE LEANA\*\*\*\* +33(0)4 50 93 26 80  
LES FERMES DU SOLEIL PIERRE ET VACANCES  
PREMIUM \*\*\*\* +33(0)4 50 90 64 00

### HOLIDAY RESIDENCES

LA FERME DU LAYS  
+33(0)6 88 84 13 14 / +33(0)4 50 90 48 97  
LE GRAND MALET +33(0)6 76 95 45 41  
ODALYS VACANCES LE FRONT DE NEIGE  
+33(0)4 50 96 53 45  
ODALYS VACANCES SUNOTEL +33(0)4 50 90 36 05

### B&B'S

CHALET ASCENSUS  
+33 (0)4 50 55 35 86 / +33 (0)6 14 89 32 41  
CHALET LE BRY  
+33(0)4 50 54 72 77 / +33(0)7 88 24 55 41  
LA BERGERIE +33(0)6 80 07 54 94  
LES CLOS DE MARIE  
+33(0)9 83 06 73 08 / +33(0)6 07 78 03 97

### GITES

GÎTE RENAND +33(0)4 50 90 02 50  
LA RUCHE  
+33(0)4 50 90 31 80 / +33(0)6 23 34 88 25  
L'IGLOO  
+33(0)4 50 90 14 31 / +33 (0)6 87 81 17 05

### HOLIDAY CENTRES

CREIL/ALPES +33(0)4 50 90 34 22  
LA CITE DES JEUNES +33(0)4 50 90 02 86  
LES CHAMOIS +33(0)4 50 90 35 11  
LES TAVAILLONS +33(0)4 50 90 90 00  
NEIG'ALPES +33(0)4 50 90 35 33  
TERNELIA LES FLOCONS VERTS\*\*\*  
+33(0)4 50 90 04 46

### ESTATE/RENTAL AGENCIES

AGENCE ALTIMMO +33(0)4 50 90 59 54  
AGENCE CARROZ +33(0)4 50 90 37 08  
AGENCE RENAND +33(0)4 50 90 01 40  
MGM DEVELOPER +33(0)4 50 90 45 83  
RS IMMOBILIER +33(0)4 50 90 97 60

### OTHER REAL ESTATE SERVICES

ALPINE PROPERTY (internet agency)  
+33(0)4 50 04 86 07  
CIMM IMMOBILIER - MARIE CLAIRE KLUFTS  
(internet agency)  
+33(0)6 84 83 98 44

### INSURANCE

#### AXA ASSURANCE CABINET GIRARD

Local insurance solutions.  
+33(0)4 50 18 13 83 (24hr/24)  
agence.girardguillaume@axa.fr

### ARCHITECTURE

#### ARVE ARCHITECTURE

Firm of architects with many private owners, tourism professionals and building references; we will assist you with all of your projects: renovation, refurbishment or building from the architectural design through to completion of the works. Feasibility study, building permits, costing, design, construction and financial management  
+33(0)4 50 18 62 20  
arvearchitecture@outlook.fr

#### LES MONTAGNARDES

Interior architects.  
With over 20 years' experience in interior design and improvements for private owners, hoteliers and professionals, our versatile team elegantly combine their skills to find technical and aesthetic solutions in both renovation and construction.  
+33 (0)4 50 91 26 27  
www.lesmontagnardes.com  
ln@lesmontagnardes.com

#### MANON PAPIN

State qualified interior architect to assist you with your renovation, extension and building projects: development plan, 3D perspectives, decoration advice, custom furniture design.  
+33(0)6 26 82 72 82  
www.manonpapin.com

### ACCOUNTANTS

#### IN EXTENSO MONT BLANC

+33(0)4 50 47 98 37 - www.inextenso.fr

### TILING

#### GH CARRELAGES ET CRÉATION

Tiles and PVC cladding sold and installed, small masonry jobs, refurbishment.  
+33 (0)7 71 10 66 03  
gh.carrelages.creation@gmail.com

### CONCIERGE SERVICE

#### ALTIMMO

Linen rental (sheets, towels, tea towels), cot rental, property management for arrivals and departures, cleaning.  
+33(0)4 50 90 59 54  
www.altimmo-lescarroz.com

### HOME PARTNER

#### LES CARROZ'S CONCIERGE SERVICE

Based locally to provide assistance to property owners. Property surveillance and maintenance, rental management. Issuing and collecting keys. Small repairs and decorating. Sourcing tradesmen and quotes. Administrative assistance. Linen rental and laundry service.  
+33 (0)6 43 00 06 26  
www.homepart.fr

### SEWING

#### LA MACHINE A COUDRE DES CARROZ

Shop in the centre of the village, run by a state qualified seamstress. Rapid modification and repair service: hems, changing zips, furnishing... Numerous "Made in Les Carroz" creations: Savoyard inspired decorative objects, gifts, decorations, presents for new babies, children, zero waste...  
+33 (0)6 27 06 75 51  
fee.main@hotmail.fr

### INTERIOR DECORATION

#### HEIDI BOUTIQUE

Interior decoration, renovation, site coordination, soft furnishings, curtains made, lighting, sofas...  
+33 (0)6 81 17 81 43  
www.heidi-boutique.fr

### ELECTRICIAN

#### ALPIN ELEC

General electrical jobs. High voltage / low voltage. Home automation/connected home. Emergencies. Sales. New and renovation.  
+33 (0)7 86 44 56 94  
thomas@alpin-elec.com

#### MASSIF ELECTRICITE

General electrical jobs. Compliancy upgrading. Electric heating. Home automation. New or renovation.  
+33 (0)6 18 99 89 95  
massifelectricite@sfr.fr

### FDJ PMU AMIGO

#### LE TOUT PARI

Open all year. 7 days a week from 7am.  
+33(0)4 50 90 50 33

#### TABAC PRESSE LOTO FDJ

Newsagent, tobacconist, souvenirs, lottery and "FDJ" scratch cards.  
+33(0)4 50 90 01 46

## FLORIST

### SECONDE NATURE

Cut flowers, plants, bouquets, arrangements for any of life's events. Private, business, events, delivery service.

**+33 (0)6 85 66 59 42**

seconde.nature74@orange.fr

<http://ghislainecamelin.wixsite.com/secondenature>

## MAINTENANCE

(household, gardens, snow clearance...)

### ENTREPRISE EFFRANCEY SARL

Building works, earthworks, snow clearing, roads and utilities, rock fill, equipment sales, rental of heavy machinery and drivers.

**+33 (0)4 50 90 02 34**

sarleffrancey@orange.fr

### ESPACE CREATION NATURE

Landscaping and garden maintenance, rock fill, small earthworks, paving, sanitation.

**+33 (0)6 75 15 01 79**

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

### NET SERVICES

Apartment block maintenance.

**+33 (0)4 50 90 30 85**

netservices.araches@orange.fr

### P-F PIOLÉ

Private and shared property snow clearing. Small jobs and earthworks. Wood delivery.

**+33(0)6 37 48 35 71 - +33(0)4 50 55 17 78**

pf.piole@orange.fr

## CARPENTRY / JOINERY / CHALET BUILDERS

### AVENIR BOIS

Joinery, cabinetwork.

**+33 (0)4 50 34 88 37 / +33 (0)6 29 63 07 44**

chribou@free.fr

### CHARPENTES NICODEX

Chalet building, carpentry, joinery, roofing, metal working

**+33 (0)4 50 90 23 48**

charpententes.nicodex@wanadoo.fr

### IDBOIS74

Chalet building, renovation, carpentry, metal working, roofing, interior and exterior refurbishment.

**+33 (0)6 15 03 31 68 / +33 (0)6 75 02 07 30**

id-bois-74.fr

## IPABOIS

Chalets, woodwork, carpentry, custom-made, cladding, refurbishing

**+33(0)6 75 24 30 46**

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

### KLUFTS FRERES

Chalet building, renovation and refurbishing.

**+33 (0)4 50 90 30 00**

[www.chalets-klufts.com](http://www.chalets-klufts.com)

### SARL OBLICART

Joinery, carpentry, renovation, tiling, plastering, painting, flooring. Metal / wood refurbishment (stainless steel, steel)

**+33 (0)6 64 35 61 73 / +33 (0)6 76 54 24 77**

oblicart@yahoo.fr

## PHOTOGRAPHER

### MILLO PHOTOS/VIDEOS

Go home with the best souvenirs from your skiing holiday.

Photo and video reports: weddings, family, studio, events, sports, business, industry, culinary. Interior architecture photos, videos and photos with a drone.

**+33 (0)6 80 64 49 77**

contact@millophotosvideos.com

## PLUMBER

### MICHAEL BOULANT

Plumber, heating engineer, ventilation - hot tub, sauna, steam room - individuals and businesses. Installation, emergencies, maintenance.

**+33 (0)6 29 84 24 20**

michael.boulant@sfr.fr

## MISCELLANEOUS WORKS

### A2A SABLAGE

Mild and environmentally friendly sandblasting for all surfaces: iron, wood, stone, glass

**+33 (0)6 12 38 50 94 / +33 (0)4 50 90 29 61**

contact@a2a-sablage.fr

### DEPAN'RENOV' - LAURENT JARNIAS

Carpentry, plastering, painting, flooring, tiling, polished concrete.

**+33 (0)6 25 59 28 71**

laurent-jarnias@bbox.fr

### JB SAIT FAIRE

Creation and design, interior and exterior refurbishing, garden maintenance.

**+33(0)6 50 44 38 13**

jsaitfaire@gmail.com

## PRODUCERS

### LA CHEVRERIE DE LA PIERRE A LAYA -ARÂCHES

Goats' cheese made. Farm shop open during French school holidays from Monday to Saturday from 5pm to 7pm (except on Wednesdays), Friday to Sunday from 10am to 12 noon. During term time, Tuesday, Wednesday, Friday and Saturday from 5pm to 7pm. Credit/debit cards not accepted..

**+33 (0)6 01 79 38 95**

### LA FERME DE BALLANCY

Ballancy - 5 km from Les Carroz  
Cow's milk cheese made, farm shop open from 9am to 11am and from 6pm (except Tuesdays when present at the market and Sundays)

**+33(0)6 11 22 53 68**

### LES PÂTES CÔTÉ MONT BLANC

Ludovic Dewilde, artisan fresh pasta maker, produces a range of fresh pasta (tagliatelle, spaghetti, torti, penne, linguine, pappardelle) and fresh ravioli (cured ham, reblochon, goats' cheese, honey...) for sale at L'AS des CARROZ in the village centre and at the market on Tuesday mornings.

**+33 (0)6 23 24 43 80**

### LOCAL SKILLS

Started up by the Grand Massif ski area, the "Origine Grand Massif" association supports the local economy through promotion of the region's skills.

You can find all of the associated producers on [www.grand-massif.com/OGM](http://www.grand-massif.com/OGM)

## FOOD

### BOULANGERIE, PÂTISSERIE DES CAMPANULES

Bakery, pastries, croissants. Breakfast area, sandwiches and drinks.

**+33 (0)4 50 90 37 80**

### CARREFOUR MONTAGNE

Bread cooked on site all day long, Savoyard produce (wine, cheese, cold meat cuts, liqueurs), Carrefour loyalty card.

**+33 (0)4 50 18 60 00**

carrefour.lescarroz@gmail.com

### L'AS DES CARROZ

Fresh pasta and ravioli maker; cheese, cold meat cuts, wine, Italian produce.

**+33 (0)4 56 12 39 33 - 06 23 24 43 80**

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

## LE BOEUF CARROZ'ITE

Butcher Rotisserie Caterer. "French Origin" quality meat. Traditional cuisine, spit-roasted free-range chicken. Cold meat cuts, cheeses, desserts and wines. To order: stone-grill, fondues and raclettes.

**+33 (0)4 50 90 01 42**

## LE FOUR DU MOULIN

Artisan baker and confectioner. Breads, pastries, all baked in our ovens. Sandwiches and savoury drinks. Newspaper outlet

**+33 (0)4 50 90 00 08**

fourdumoulin74@gmail.com

## LE FOURNIL DU VILLAGE

The bakery - pastry shop in the village of Arâches provides a sandwich bar, light snack and breakfast area and a sub Post Office. Lottery.

**+33 (0)4 50 91 17 82**

## LE GRENIER SAVOYARD

Regional produce, cold meat cuts, cheese, wines, confectionery, chocolate. Savoyard fondue pack, raclettes pack. Tableware and vintage style decorations.

**+33 (0)4 50 90 04 32**

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

## MADE IN SAVOIE

Les Carroz's cheesemonger. Tradition and authenticity of Savoyard produce.

**+33 (0)4 50 90 68 67**

## PÂTISSERIE BOULANGERIE SALON DE THÉ BALLIN

Artisan pastry-baker and chocolatier in Les Carroz for over 20 years. Gourmet pastries, bread, confectioneries, sandwiches, sweet and savoury home-made Savoyard specialities, "traditional" baguette, Haut Savoyard flour. Savoury snack bar.

**+33 (0)4 50 90 02 37**


## SAVEURS DES MONTAGNES

Carefully selected Savoyard produce: cheeses, salami sausages, cold meat cuts, wines, beers, alcohol, confectioneries, chocolate, honey, jams, herbal teas...

Hampers and gift packs created. Fondue, raclettes and girolle sets for hire.

**+33 (0)4 50 90 43 99**

saveursdesmontagnes@outlook.com

 Fondue and/or raclettes sets for hire.

# Practical Information

## MUNICIPAL SERVICES

### COUNCIL OFFICE

**+33(0)4 50 90 03 40**

### TOURIST OFFICE

**+33(0)4 50 90 00 04**

### SPORTS OFFICE

**+33(0)4 50 90 24 80**

### MUNICIPAL UTILITIES OFFICE

**+33(0)4 50 90 05 38**

### LOST PROPERTY

#### LOCAL POLICE

Office next to the Gendarmerie police station.

**+33(0)6 72 99 56 22**

#### TOURIST OFFICE

Resort centre.

**+33(0)4 50 90 00 04**

### LOST CHILDREN

#### GENDARMERIE 17

LOCAL POLICE **+33(0)6 72 99 56 22**

### COUNCIL OFFICE OPENING HOURS IN ARACHES

Open on Mondays, Tuesdays and Wednesdays all day from 9am to 5.30pm and on Thursdays and Fridays from 9am to 1pm

**+33(0)4 50 90 03 40**

### USEFUL SERVICES

#### LES CARROZ LIFT COMPANY

**+33(0)4 50 90 00 42**

#### ROAD CONDITIONS

**+33(4) 50 33 20 74**

#### CHAMONIX WEATHER FORECAST

**+33(0)899 71 02 74**

SNCF TRAIN INFORMATION **36 35**

## EMERGENCY NUMBERS

### EMERGENCIES

#### MEDICAL CENTRE

**+33(0)4 50 90 38 43**

#### SKI PATROL RESCUE SERVICE

**+33(0)4 50 90 00 42**

#### GENDARMERIE 17

#### FIRE BRIGADE 18

#### MEDICAL SERVICE 15

#### LOCAL POLICE

**+33(0)6 72 99 56 22 - +33(0)4 50 90 07 98**

#### ANTI-POISON CENTRE

**+33(0)4 72 11 69 11**

#### MONT BLANC DIALYSIS CENTRE

**+33(0)4 50 53 22 00**

#### CLUSES "ESPERANCE" CLINIC

**+33(0)4 50 96 82 00**

#### SALLANCHES HOSPITAL

**+33(0)4 50 47 30 30**

### HOUSEHOLD EMERGENCIES

#### WATER EMERGENCY

When the municipal utilities office is closed

**+33(0)6 72 99 56 21**

#### ELECTRICITY EMERGENCY (ERDF)

**+33(0)9 69 32 15 15**

#### GAS EMERGENCY GRDF

**+33(0)800 47 33 33**

### HEALTH

#### MEDICAL CENTRE- H2

##### Place des Aravis

Open during the winter season from Monday to Saturday from 9am to 12 noon and from 2pm to 7pm. On Sundays and French bank holidays, from 10am to 12 noon and 2pm to 6pm.

No appointment necessary.

Emergencies accepted between 12 noon and 2pm. Outside of these hours, dial 15 (who may redirect you to the on-call doctor up until 10pm)

**+33(0)4 50 90 38 43**

#### PHARMACY - H2

##### Place des Aravis

Open during French school holidays from Monday to Sunday from 9am to 7.30pm. Outside French school holidays opening hours are Monday to Sunday from 9am to 1pm and from 2.30pm to 7.30pm.

**+33(0)4 50 90 00 57**

#### NURSES CONSULTING ROOM - H2

##### In the medical centre

**+33(0)4 50 18 13 84**

#### PHYSIOTHERAPIST

**+33(0)4 50 34 32 71**

#### OSTEOPATH

##### Sébastien Franck

**+33(0)4 50 91 65 27**

#### VETERINARY SURGERY

##### In Chatillon s/Cluses

**+33(0)4 50 89 33 44**

##### In Taninges (English spoken)

**+33(0)4 50 90 62 40**



## DAY TO DAY NEEDS

### INTERNET ACCESS

**Tourist Office** : payable wi-fi and internet terminals or pocket wi-fi rental.

**Telecabine** : Free wi-fi at the gondola departure area and ticket offices + pocket wi-fi rental.

**Village** : Free wi-fi in the Place de l'Ambiance "WIFI LES CARROZ". In various resort bars and restaurants (patrons only). Rent your portable Pocket wi-fi. Details from the tourist office or at the ski lift company

### POST OFFICE

Resort centre  
Service transferred to the Casino Shop  
No money withdrawal  
**+33(0)4 50 90 01 01**

### MARKETS

**TUESDAYS IN LES CARROZ** - resort centre  
**NEARBY** - a list of nearby markets is available from the Tourist Office

### BANKS

#### CRÉDIT AGRICOLE

(Teller and ATM)  
Place de l'Ambiance  
**+33(0)4 50 19 40 74**

#### SOCIÉTÉ LYONNAISE (CIC)

(Teller and ATM)

Teller open from Monday to Friday from 10am to 12.30pm and by appointment from 2pm to 5pm. Self-service area open every day from 7am to 10pm.

Next to the tourist office.

⚠ No currency exchange agency in Les Carroz.

### TIMES OF CHURCH SERVICES IN LES CARROZ

Details from the Tourist Office or on the parish website.

**+33(0)4 50 90 00 04**  
stbruno.emonsite.com

### LAUNDRY

#### LA COMPAGNIE DU FER AT HOME PARTNER

Aravis building next to the Casino Shop-resort centre  
**+33 (0)6 43 37 93 48**

## ELECTRICITY / GAS

Equipment sold

### IRÈNE MARTIN

Place des Aravis, resort centre  
**+33(0)4 50 90 00 60 - +33(0)6 80 63 48 05**

### LOGS

Small quantities of firewood sold in the minimarts

### EQUIPMENT HIRE

#### HOUSEHOLD LINEN

#### CHILDREN'S EQUIPMENT

La Compagnie du Fer rents out cots, high chairs, pushchairs, household linen...  
at HOME PARTNER  
**+33 (0)6 43 37 93 48**  
pascale-v@neuf.fr

#### PUSHCHAIR AND/OR BABY-CARRIERS

SKI 2000 JM LOCATION  
**+33 (0)4 50 90 00 82 +33 (0)4 50 90 35 66**

#### TECHNIGLISSE

**+33 (0)4 50 90 35 86**

#### TV RENTAL FROM MME MARTIN

Place des Aravis  
**+33(0)4 50 90 00 60**

### HOUSEHOLD WASTE

#### RUBBISH DUMP

From 29<sup>th</sup> October to 31<sup>st</sup> March 2020.  
Open on Mondays, Wednesdays and Fridays from 9am to 12 noon and from 2pm to 4.30pm.  
Tuesdays and Thursdays from 2pm to 4.30pm.  
**+33(0)4 50 90 05 38**

#### RUBBISH COLLECTION

The bin lorry comes in the evening.  
Les Carroz: On Mondays, Wednesdays and Fridays.  
Arâches La Frasse: On Mondays and Fridays.

#### RECYCLING

On days when there is no rubbish collection, household rubbish should be taken to the designated sites. Glass, plastic and paper should be put in the appropriate containers provided at these sites.

A map showing the position of the recycling containers is available from the Tourist Office. We collect used batteries at the Tourist Office.

## TRANSPORT

### TAXIS

#### IRÈNE MARTIN

4-seater vehicle.  
**+33(0)4 50 90 00 60 - +33(0)6 80 63 48 05**

#### MONT BLANC TAXI

8-seater minibus, 6-seater vehicle and vehicle equipped for passengers with reduced mobility.  
**+33(0)4 50 90 07 45 - +33(0)6 16 768 768**

#### VICTOR FERREIRA TAXI

4-seater vehicles + 8-seater minibus.  
**+33(0)6 13 45 19 57**

#### TARIFFS (FOR GUIDANCE ONLY):

CARROZ/CLUSES: Between 35€ and 46€  
CARROZ/GENEVA: Between 150€ and 185€

### OTHER PASSENGER TRANSPORT

#### LES CARROZ TRANSFERT

8-seater minibus + 7-seater VIP minibus.  
Intra-resort journeys possible.  
**+33(0)4 50 90 24 00 - +33(0)6 83 86 51 20**

#### LES CARROZ FLAINE EXPRESS

Cluses station/Les Carroz/Flaine  
8€ one-way; 12€ return  
Free for under 4's seated on lap.  
Timetables available on our website  
www.lescarroz.com or by asking at the Tourist Office. Advance booking highly recommended, please note that payment only by credit/debit card.

#### FREE SKIBUS

Free service for everyone.  
These buses circulate around the resort as well as to Arâches, La Frasse and Agy.  
Timetable available at the Tourist Office

### CAMPING CARS

⚠ There are no camping car spaces with "Flot bleu" hook-ups in the borough. For short term parking in a public car park with a fully self-contained vehicle, please contact the local police.

**+33(0)6 72 99 56 22**

## CAR PARKING

### CAR PARKS ARE FREE IN LES CARROZ

500 spaces at the gondola: bottom of the slopes.  
700 spaces at Les Molliets: bottom of the slopes, 5 km from Les Carroz on the road to Flaine.

Parking next to the Day Nursery: close to resort centre, ideal for leaving the car parked all week. 30 spaces.

Laÿs car park: park at the entrance to the village and use the ski bus to get to the slopes.

### CAR RENTAL

#### IN CLUSES

**AVIS +33(0)4 50 93 73 10**

**EUROPCAR +33(0)4 50 98 79 07**

**HERTZ +33(0)4 50 98 63 21**

**SUPER U MAGLAND +33(0)4 50 18 31 58**

### VEHICLE BREAKDOWN

#### CÉDRIC TACHON

St Sigismond **+33(0)6 73 36 02 82**

#### CARROSSERIE DE BALME

In Magland **+33(0)4 50 34 71 42**

### SNOW CHAINS FOR SALE

#### EASYSKI

In Arâches **+33(0)4 50 90 20 19**

#### JM LOCATION SKIS

In the Campanules building  
**+33(0)4 50 90 35 66**

**SPAR AU LAÏS +33(0)4 50 54 14 91**

#### ZIG ZAG

At the bottom of the Bardelle piste  
**+33(0)4 50 90 98 12**





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