

TRAVEL GUIDE



☆☆☆
RESIDENCE DE TOURISME
**PLEIN
SOLEIL**

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TO REMEMBER

TRAFFIC FROM MODANE

Snow tyres are compulsory; if necessary, carry chains or socks in your boot (from 1 November to 31 March).

If the weather conditions are not optimal (road not covered in snow, for example), stop at Modane and put on your equipment.

A word of advice: practise putting them on before setting off on your holiday. Don't worry!

PUBLIC TRANSPORT

A shuttle bus is available on request at an additional cost. Please ask at the Tourist Office or at the residence reception for timetables and stops.

-20% DISCOUNT AT SPORT 2000 LA NORMA

Our partnership with the 'Sport 2000 La Norma' sports shop means you can take advantage of a 10% discount online with our promotional code and a 20% discount in shop.

Ask for your discount voucher as soon as you arrive at the residence!



TOURIST OFFICES

Aussois : 04.79.20.30.80

Orelle Les 3 Vallées: 04.79.56.87.22

La Norma : 04.79.05.99.16

Valcenis Vanoise : 04.79.05.99.06

Valfréjus : 04.79.05.33.83



AVRIEUX

In the heart of the Maurienne valley, between the villages of Aussois and La Norma, Avrieux nestles at the foot of a rocky cirque crowned to the east by the barrier of the Esseillon forts and indented to the north by the Saint Benoît waterfall.

At the gateway to the Vanoise National Park, the village enjoys an exceptional Mediterranean mountain climate, which favours a flora and fauna unique to the region. These characteristics have earned it the nickname of 'little Nice'.

Behind its nonchalant village appearance, Avrieux surprises more than a few visitors, who are surprised to discover a small mountain village combining distinctive character, tradition and modernity.

Other heritage sites to discover include the ONERA, the Chappe telegraph, the Marie-Thérèse Redoubt and its 'Soldier's Bowl', the Church of Saint Thomas Becket, the Chapel of Notre-Dame-des-Neiges and the Chapel of Saint Benoît.

The village has no amenities, so make a stop in Modane or the ski resort for your shopping!



AUSSOIS

Get your hat and gloves ready! Just 7km from the residence, you'll find a family-friendly, south-facing ski resort. This little winter wonderland offers activities for all tastes and abilities. With 55km of sun-drenched pistes at altitudes of between 1,500m and 2,750m, it's a real paradise for alpine skiers.

But that's not all! The resort also boasts a 30km Nordic ski area called 'Le Monolithe', as well as a host of off-piste activities for the more adventurous.

Bonus: the many forts and buildings in the landscape are a testament to the region's history. So, who's ready for a mountain adventure?

ACTIVITÉS

- Snowshoe therapy outing :
06 85 06 51 43
- Ô'Soi - Leisure, swimming pool & well-being : 04 79 20 42 24
- Introduction to ice climbing :
06 88 89 09 21 or 06 25 21 74 63
- Tandem flight with By Air Parapente Philippe Hamichi
06 84 36 67 81
- ESF: downhill skiing lessons
04 79 20 37 13





VALCENIS

DALPINE SKI AREA - 1300m - 2800m

Take advantage of the Haute Maurienne's largest ski resort and its many assets!

New ski lifts, a variety of fun areas, exceptional scenery, unspoilt nature, breathtaking views of Mont Cenis lake... Val Cenis links 3 villages (Val Cenis Lanslevillard, Val Cenis Lanslebourg and Val Cenis Termignon).

Take advantage of the 125 km of pistes, with no waiting around thanks to its new lifts, play areas and breathtaking views over Lake Mont Cenis. In winter, the Val Cenis ski area becomes a playground for all the family.



ACTIVITÉS

- Ice climbing (Bramans) - Glacenost : 07 85 62 21 53
- Mountain biking (with electric assistance) on snow by night to the Mont-Cenis lake:
 - 07 72 50 49 19 or 06 29 47 26 70
- Zone Chrono (Termignon): measure your speed like the real champions of the kilometre throw (world record at 250km/h)
- Bowling 1480: 04 79 05 21 87
- Escape Outdoor Val Cenis: solve the riddle using augmented reality... on your skis (level required to ski down blue and red runs): 04 79 64 23 69



LA NORMA

Just 7 km from the residence, La Norma is a white paradise for ski lovers. With 65 km of pistes and a vertical drop of 1400 metres, it is wonderfully situated on two mountainsides. What's more, it offers views of the surrounding mountains and the Vanoise National Park. Facing north-west, it benefits from quality snow cover that will delight all skiers, whether beginners or experienced.



La Norma
Haute Maurienne Vanoise

BESSANS

DOMAINE NORDIQUE - 1740m - 2000m

The slopes are all marked out in alternating and skating technique, so you can enjoy long runs and get a good feeling right from the first days on the slopes.

Hours of relaxation or sport, at your own pace, surrounded by vast expanses of snow and larch forests, in a natural setting where the Charbonnel is always there to reveal its incredible glacier.

DOMAINE SKI ALPIN - 1740m - 2000m

Many families, parents and grandparents alike, choose Bessans for the comfort and convenience it offers them: they can ski for miles on cross-country skis or go for walks on the snowshoe or footpaths, while their children learn to ski downhill or cross-country, of course.

The small alpine ski area of Bessans is very popular with Nordic-minded families, offering easy and enjoyable downhill skiing. There's no need to go far afield to get started!



Bessans
Haute Maurienne
Vanoise





THE RESTAURANTS

LA CASCADE AVRIEUX

*PSmall inn in the heart of the village.
Covered terrace, lounge, fireplace*



AUSOIS

AL DENTE 06 69 42 02 44

L'ETAGNE 04 79 20 41 81

LE FORT MARIE CHRISTINE 04 79 20 36 44



LA NORMA

L'AUTHENTIQUE 07 82 01 68 51

L'ANNEXE 06 24 31 73 54

L'ARLETTAZ 04 79 20 44 57



MODANE

LA PULCINELLA 04 20 83 42 66

IL PEPPUCCIO 04 79 05 22 84

L'ECHAPPEE 04 79 05 42 994



ENJOY YOUR STAY IN THE ALPS!

