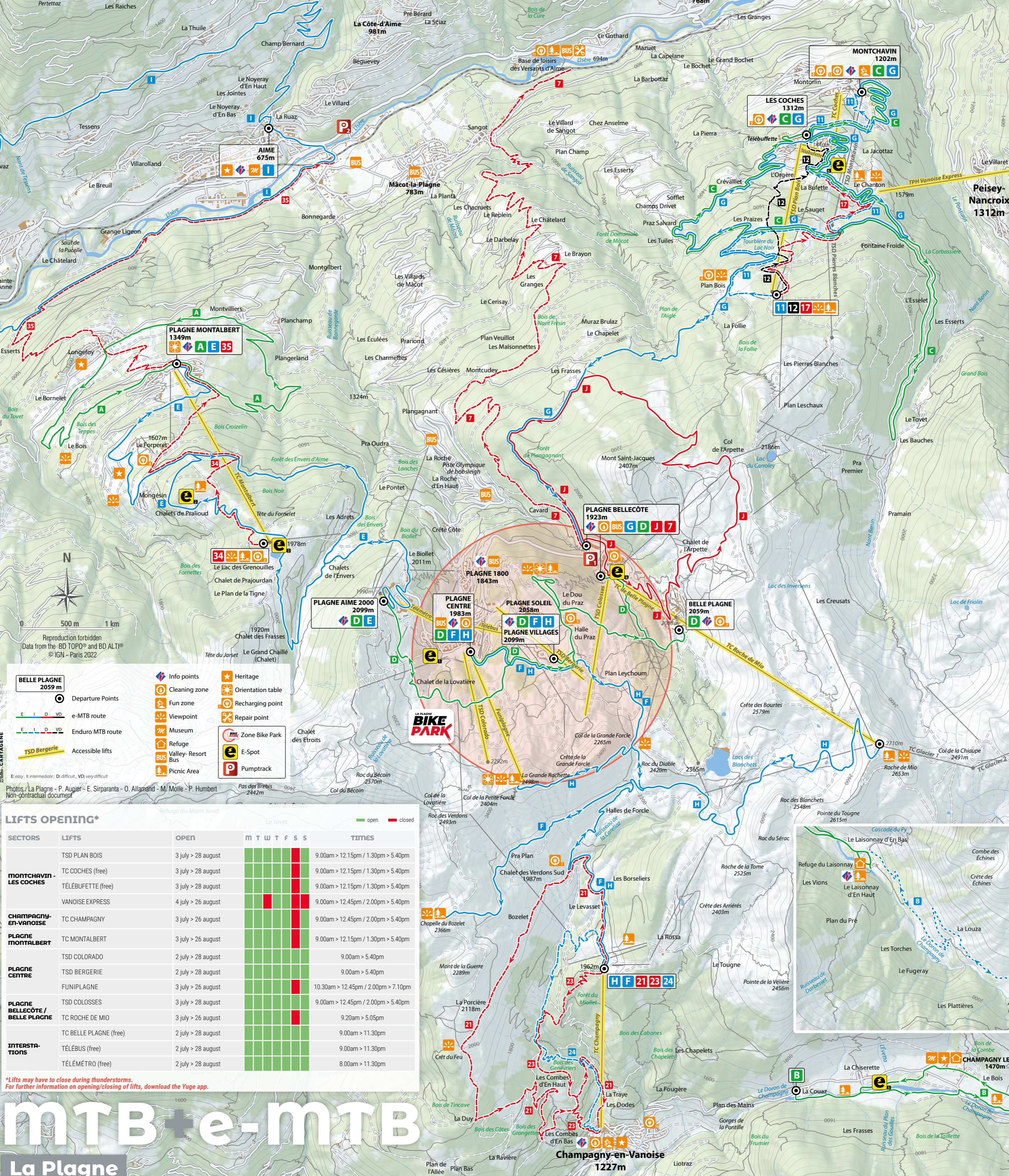


Discover the heritage of the Tarentaise on an e-bike!
 Discover the **heritage and scenery** of the Tarentaise on an e-bike!
 As well as the e-MTB routes in this document, there are other routes for discovering the local heritage by electric bike. Several are in the La Plagne area, on the Versant du Soleil and in the Champagny-le-Haut valley. Further information at the La Plagne Vallée and Champagny-en-Vanoise tourist offices.

- ### MTB
- 11 MONT BLANC**
 30 min, 9 km, 20 m, -695 m
 Start: Sommet TC Lac Noir
 Lift used: TC Coches + TSD Plan Bois
 - 24 LES GENEVRIERS**
 25 min, 4,29 km, 0 m, -690 m
 Start: Sommet TC Champagny
 Lift used: TC Champagny
 - 7 DRÉ VAL**
 1h, 12 km, 150 m, -1100 m
 Start: Plagne Bellecôte
 Return on valley - resort bus
 - 17 LES PIERRES BLANCHES**
 25 min, 3,6 km, 0 m, -379 m
 Start: Sommet TC Lac Noir
 Lift used: TC Coches + TSD Plan Bois
 - 21 MONT DE LA GUERRE**
 1h, 9,7 km, 130 m, -835 m
 Start: Sommet TC Champagny
 Lift used: TC Champagny
 - 23 FORÊT DU MIOLLET**
 30 min, 4,2 km, 20 m, -720 m
 Start: Sommet TC Champagny
 Lift used: TC Champagny
 - 34 BOIS CROIZELIN**
 45 min, 5,1 km, 11 m, -623 m
 Start: Sommet TC Montalbert
 Lift used: TC Montalbert
 - 35 LES ESSERTS**
 1h00, 8 km, 0 m, -683 m
 Start: Entrée de La Plagne Montalbert
 free regular bus service Aime - Montalbert (information in tourist offices)
 - 12 LES PRAIZES**
 20 min, 3,8 km, 0 m, -600 m
 Start: Sommet TC Lac Noir
 Lift used: TSD Montchavin + TC Lac Noir

- ### e-MTB
- A BOUCLÉ DE MONTALBERT**
 1/2 day, 13 km, 445 m, -445 m
 Start: Plagne Montalbert (Le Chaillat car park)
 - B LES 4 HAMEAUX**
 1/2 day, 21 km, 500 m, -500 m
 Start: Champagny-le-Haut - La Couaz dam (possibility of continuing to Refuge de la Glière / there and back on the same route, section of intermediate level)
 - C LES BAUCHES**
 1/2 day, 17 km, 655 m, -655 m
 Starts: Montchavin or Les Coches (village centres)
 - D ROUTE BALCON**
 1/2 day, 15 km (RT), 160 m, -160 m
 Starts: Plagne Aime 2000 / Plagne Centre / Plagne Villages / Plagne Bellecôte / Belle Plagne
 - E LES ENVERS**
 day, 20 km, 870 m, -790 m
 Starts: Plagne Montalbert (Le Chaillat car park) or Plagne Aime 2000 (bottom of the slopes)
 - F ALPAGES DU BOZELET**
 day, 18 km (RT), 900 m, -900 m
 Starts: Plagne Village or top of Champagny chairlift
 - G BOUCLÉ DES FRASSES**
 day, 23 km, 790 m, -790 m
 Starts: Montchavin or Les Coches (village centres) / Plagne Bellecôte (track under the buildings)
 - H LES DEUX SOMMETS**
 day, 22 km (RT), 1000 m, -1000 m
 Starts: Plagne Centre - Plagne Villages (dairy) or top of Champagny chairlift
 - I ENTRE FORÊT ET VIGNES**
 day, 24 km, 850 m, -850 m
 Start: Aime
 - J TOUR DU SAINT JACQUES**
 1/2 day, 11 km, 546 m, -546 m
 Start: Plagne Bellecôte (bottom of the slopes)



LIFTS OPENING*

SECTORS	LIFTS	OPEN	M	T	W	T	F	S	S	TIMES
MONTCHAVIN-LES COCHES	TSD PLAN BOIS	3 July > 28 August								9.00am > 12.15pm / 1.30pm > 5.40pm
	TC COCHES (free)	3 July > 28 August								9.00am > 12.15pm / 1.30pm > 5.40pm
	TÉLÉBUEFFETTE (free)	3 July > 28 August								9.00am > 12.15pm / 1.30pm > 5.40pm
CHAMPAGNY-EN-VANOISE	VANOISE EXPRESS	4 July > 26 August								9.00am > 12.45pm / 2.00pm > 5.40pm
	TC CHAMPAGNY	3 July > 26 August								9.00am > 12.45pm / 2.00pm > 5.40pm
PLAGNE MONTALBERT	TC MONTALBERT	3 July > 26 August								9.00am > 12.15pm / 1.30pm > 5.40pm
	TSD COLORADO	2 July > 28 August								9.00am > 5.40pm
PLAGNE CENTRE	TSD BERGERIE	2 July > 28 August								9.00am > 5.40pm
	FUNIPLAGNE	3 July > 26 August								10.30am > 12.45pm / 2.00pm > 7.10pm
PLAGNE BELLECÔTE / BELLE PLAGNE	TSD COLOSSES	3 July > 28 August								9.00am > 12.45pm / 2.00pm > 5.40pm
	TC ROCHE DE MIO	3 July > 26 August								9.20am > 5.05pm
	TC BELLE PLAGNE (free)	2 July > 28 August								9.00am > 11.30pm
INTER-STATIONS	TÉLÉBUS (free)	2 July > 28 August								9.00am > 11.30pm
	TÉLÉMÉTRO (free)	2 July > 28 August								8.00am > 11.30pm

*Lifts may have to close during thunderstorms. For further information on opening/closing of lifts, download the Yuge app.

LA PLAGNE
NEW IN LA PLAGNE :
2hr Bike Park : 15,00 € (single rate 5 yrs & over)
 1 lift: 8,00 € (single rate 5 yrs & over)
 1 day: 22,00 € (13 & over) / 18,00 € (5 - 12 yrs)
 7 consecutive days: 47,00 € (13 & over) / 38,00 € (5 - 12 yrs)
 Season: 105,00 € (13 & over) / 84,00 € (5 - 12 yrs)
PARADISKI La Plagne + Les Arcs + Peisey-Vallandry
 1 day extension: 18€ (13 & over) / 14,50€ (5 - 12 yrs) *
 *Valid in addition to a valid La Plagne lift ticket pass, sold only in Tourist Offices and lift ticket sales outlets in La Plagne
Under 5 yrs: Free*
 *On presentation of proof of age at the time of purchase. The age taken into account is the age on the first day of validity of the lift ticket

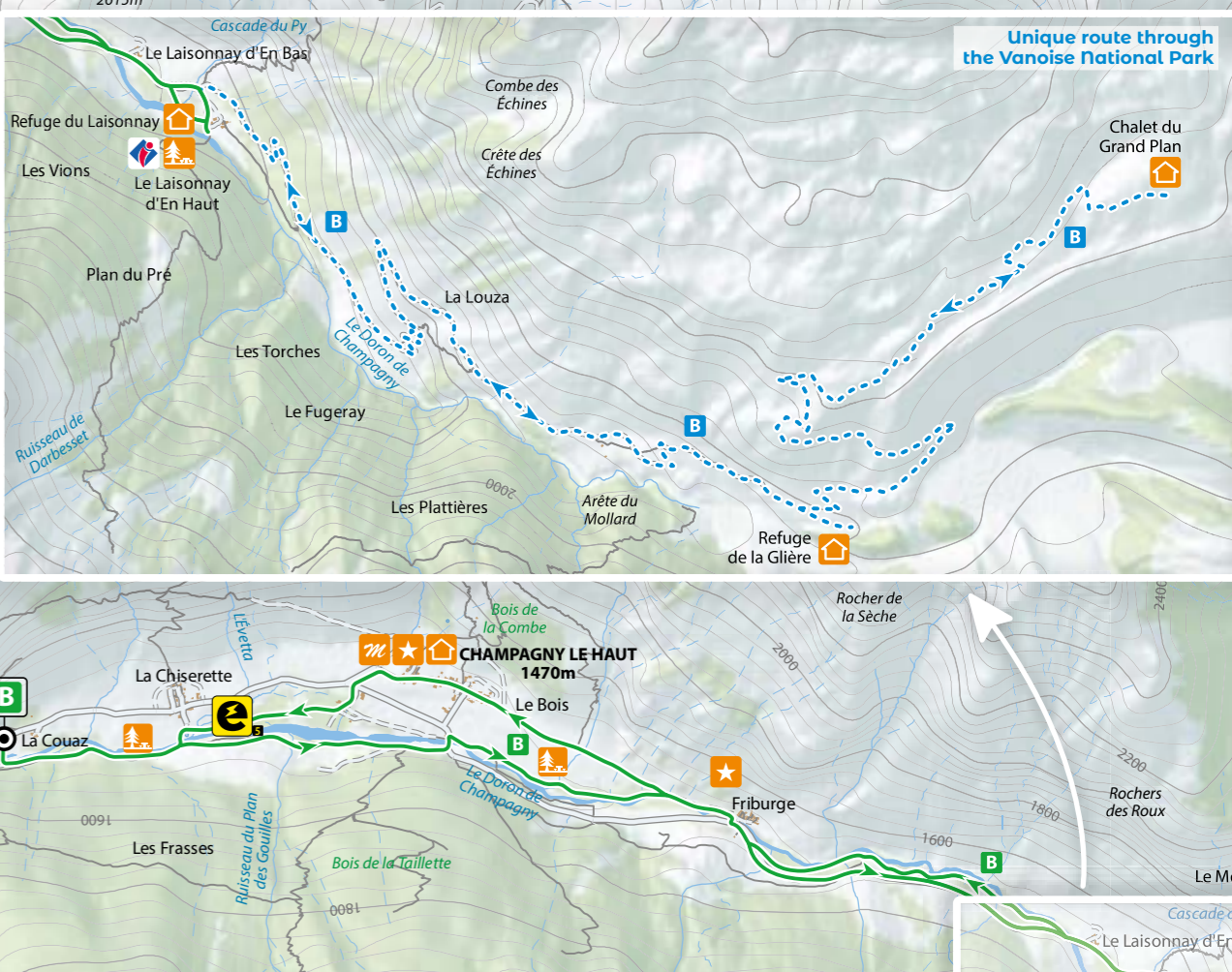
Useful numbers
EMERGENCY : 112 WEATHER : 3250
TOURIST OFFICES :
LA PLAGNE ALTITUDE : + 33 4 79 09 02 01
LA PLAGNE MONTALBERT : + 33 4 79 09 77 33
LA PLAGNE MONTCHAVIN - LES COCHES : + 33 4 79 07 82 82
LA PLAGNE - CHAMPAGNY-EN-VANOISE : + 33 4 79 55 06 55
LA PLAGNE VALLÉE : + 33 4 79 55 67 00
SOCIÉTÉ D'AMÉNAGEMENT DE LA PLAGNE
 (lifts) : + 33 4 79 09 67 00
en.la-plagne.com

BUS TIMETABLE - VALLEY RESORT LINK

4 JULY TO 26 AUGUST 2022
 MONDAY TO FRIDAY - FREE BUS SERVICE

RESORT - VALLEY	2.10pm	4.00pm
PLAGNE CENTRE		
TOP OF THE BOBSLEIGH TRACK	2.20pm	4.10pm
LA ROCHE		
LES VILLARDS	2.30pm	4.20pm
TOWN HALL MACOT	2.40pm	4.30pm
LES PROVAGNES - CAR PARK	2.50pm	4.35pm
LEISURE PARK - LAKE	3.00pm	4.45pm
MONTCHAVIN-LES COCHES	10.00am	5.35pm
LEISURE PARK - LAKE	10.30am	5.45pm
LES PROVAGNES - CAR PARK	10.40am	5.55pm
TOWN HALL MACOT	10.45am	6.00pm
LES VILLARDS	10.55am	6.10pm
TOP OF THE BOBSLEIGH TRACK	11.05am	6.25pm
LA ROCHE	11.05am	6.25pm
PLAGNE CENTRE	11.20am	6.40pm
LEISURE PARK - LAKE		
MONTCHAVIN-LES COCHES		4.45pm

Another bus that can take bikes goes to Plagne Montalbert. Timetable information from the Tourist Office.



MTB + e-MTB

La Plagne

TROPHÉE BIKE PARKS
supported by *the Bike*

THE MTB CHALLENGE FOR ON STRAVA

Challenge the virtual stopwatch and achieve your best times! Many prizes and gifts to win.
See you on the «Redskins» in La Plagne!

LA PLAGNE

FLASH & WIN
A HOLIDAY IN LA PLAGNE
and many other prizes

Use QR Code to see rules and prizes

RACER **YCEBE**



MTB+E-MTB
SUMMER 2022

LA PLAGNE
Paradiski

LA PLAGNE
Paradiski

BIKE PARK
SUMMER 2022



RACER **YCEBE**

GUIDED TOURS

LA PLAGNE MONTALBERT :
Bureau des guides Montalbert : +33 4 79 09 63 94

LA PLAGNE MONTCHAVIN - LES COCHES
Evolution 2 Montchavin : +33 4 79 07 81 85
Evolution 2 Les Coches : +33 4 57 37 18 85

LA PLAGNE ALTITUDE
El Pro - Belle Plagne : +33 4 79 09 11 62
73 Tracks : +33 6 46 26 22 04
Paradibike : +33 6 80 74 36 00

LA PLAGNE VALLÉE
An Rafting : +33 4 79 09 72 79

LA PLAGNE CHAMPAGNY-EN-VANOISE
Étienne Burel : +33 6 25 40 83 58

MTB & E-BIKE RENTAL

LA PLAGNE ALTITUDE
Décathlon Mountain - Plagne 1800 : +33 4 79 04 00 91
Intersport - Plagne Bellecôte : +33 4 79 09 05 67
Allais ski service - Plagne Centre : +33 4 79 09 01 52
Sport 2000 Leroux Sport - Plagne Villages : +33 4 79 09 01 35
Belle Plagne Sport - Belle Plagne : +33 4 79 09 20 58
El Pro - Belle Plagne Sport : +33 4 79 09 11 62
Sport 2000 - Belle Plagne : +33 4 79 09 07 79

LA PLAGNE CHAMPAGNY-EN-VANOISE
Sport2000 : +33 4 79 55 05 45

LA PLAGNE MONTCHAVIN - LES COCHES
Evolution 2 Montchavin : +33 4 79 07 81 85
Evolution 2 Les Coches : +33 4 57 37 18 85
Benoit Sports La Poudreuse : +33 4 79 07 85 27

LA PLAGNE MONTALBERT
Ski set Les étoiles du sport : +33 4 79 09 83 88
Skimium : +33 4 79 09 78 09

LA PLAGNE VALLÉE
Bike Surgery : +33 4 57 37 69 95
AN Rafting : +33 4 79 09 72 79

PUMPTRACK

«You can go round in circles in La Plagne without getting bored!»

The aim on these tarmac circuits with banked turns and bumps is to maintain and increase speed using a pumping motion.
Courses for all levels of ability for bikes, scooters, rollerblades, skateboards and balance bikes.

P1 PLAGNE BELLECÔTE

Level : beginner to advanced (1 green course independent beginner + 1 blue & 1 red course advanced)
Access : next to the Plagne Bellecôte city stadium

P2 PLAGNE VALLEY (AIME)

Level : beginner to advanced (1 blue course & 1 red course)
Access : next to La Maladière stadium



e-spot

La Plagne, the leader in e-bike destinations, has innovated by inventing e-Spots: fun areas with varying terrain (banked turns, small bumps, etc.) and fun modules, so that you can make the most of all the capacities of an electric mountain bike to have fun and enjoy yourself, going uphill and downhill.

Accessible to all from the specific e-MTB routes, this is THE new activity to try with family or friends!

E1 PLAGNE CENTRE Level: beginner Start: bottom of the slopes in Plagne Centre Access from route D	E2 PLAGNE MONTALBERT - PRALIOUD Level: beginner to advanced Start: Pralioud alpine pasture Access from Montalbert gondola or route E	E3 PLAGNE MONTALBERT - FORNELET Level: beginner to advanced Start: Top of Montalbert gondola Access from the gondola or route E
E4 PLAGNE BELLECÔTE Level: beginner to advanced Start: bottom of the slopes in Plagne Centre Access from route D	E5 CHAMPAGNY-LE-HAUT Level: beginner Start: by the adventure course (at the end of the campsite). Access from the road to Champagny-le-Haut then follow signs to the campsite	E6 LES COCHES Level: beginner to advanced Start: top of Télébufette gondola. Access from route C or G and Télébufette



Marking

MTB Colour of difficulty level
Direction
Route name or number

E-MTB Direction
E-MTB routes
Colour of difficulty level
Route name

DANGER Occasional hazards
Take care!

Type of route

ENDURO
Halfway between cross-country and downhill: mostly downhill courses on existing natural trails that can be shared with some short uphill sections.

DOWNHILL (DH)
Downhill-only routes specifically for mountain biking, interspersed with fun sections (high bumps, jumps and bridges). In La Plagne, these are concentrated in the Bike Park.

e-MTB
Discover La Plagne and its surroundings in a new way on a mountain bike with electric assistance! A fun, friendly and environmentally-friendly activity! Reach new horizons in a few turns of the pedals. Using an e-mountain bike removes most of the slope-related difficulties as riding uphill is no longer a problem! You only have to worry about one thing: having fun!

The e-MTB routes are also accessible for «classic» mountain bikes. They will just take longer and the uphill sections will be more physical!

Some routes are suitable for children and are marked with this icon in the list of routes.

Tips for using the battery

We strongly recommend that you manage its use according to the length and duration of the route.
The routes have been designed to be ridden in «standard» mode by default.

Level of difficulty

FOUR LEVELS OF ROUTES:

Easy GREEN: routes suitable for the whole family, no physical or technical difficulty

Intermediate BLUE: routes suitable for the whole family, so long as they have already practised mountain biking. They present few physical and/or technical difficulties.

RED difficult: circuits with physical and/or technical difficulties.

BLACK very difficult: very physical and technical circuits, for regular mountain bikers only.

SAFETY INSTRUCTIONS

- Wearing a helmet and protective gear is mandatory.
- Adapt your speed and behaviour to the terrain.
- check the weather conditions before setting off.
- Take warm clothing and rain gear.
- Take something to eat and drink.
- In the event of an accident or incident, inform the mountain bike patrollers or the emergency services (tel. 112).

THE MOUNTAIN IS ALIVE, RESPECT IT!

- Respect the routes, do not leave the trails.
- Take your litter with you, do not throw anything away.
- Respect the herds, ride slowly to avoid frightening the animals.
- Some routes are shared, with priority for pedestrians.
- The mountains are home to many animals, so be as discreet as possible to ensure their peace and quiet.
- In you should meet any, stop and give them time to leave.



The perfect place to learn or improve your downhill skills. With friends or family, race down the fun runs for all levels from beginner to expert, with banked turns, jumps and modules of all kinds.

OPENING
The Bike Park is served by:

- Colorado, Bergerie and Colosses chairlifts open 7/7 du 2 July to 28 August
- TSD Colorado open 9am - 5.40pm
- TSD Bergerie open 9am - 5.40pm
- TSD Colosses open 9am - 5.40pm

ACCESS
You can get to Plagne Centre using the free network of free inter-resort links (buses and lifts) which can transport mountain bikes.
Access from the valley on the «valley/station» bus.
Information on the back of the map

LIFT TICKETS
On sale on-line, at the Tourist Office, at Plagne Bellecôte lift ticket office and at Colorado Chalet in Plagne Centre.

B1 SHOSHONE 4,8 km -300 m Départ: Top of Colorado chairlift	B2 PONEY CLUB 0,7 km -80 m Départ: Bas Colorado chairlift
B3 SWEET GOAT 4 km -225 m Départ: Top of Bergerie	B4 BLUE CANYON 1,5 km -150 m Départ: Top of Colorado chairlift
B5 D'ANA 1,3 km -130 m Départ: Top of Colorado chairlift	B6 BLUE TOMATO 2,7 km -300 m Départ: Top of Colorado chairlift
B7 CHINOOK 3,5 km -300 m Départ: Top of Colorado chairlift	B8 COMANCHE 1,5 km -300 m Départ: Top of Bergerie chairlift
B9 REDSKINS 1,4 km -200 m Départ: Top of Colorado chairlift	B10 THUNDERBOLT 2,5 km -300 m Départ: Top of Colosses chairlift
B11 X'TREM CANYON 1,5 km -200 m Départ: Top of Colorado chairlift	

Charging Points

Recharging points in the resort's partner restaurants and bars (except points 10, 11 et 12) mean you can recharge your batteries if you need to while enjoying a gourmet break, so make the most of it! Recharging points are shown on the map by this icon.

These charging points are equipped with standard Bosch and Yamaha chargers (N.B: compatibility with all bicycle models not guaranteed). Don't hesitate to ask your rental shop for the bike charger to take with you or bring your own if you have one!

- 1 LE CHALET DES VERDONDS SUD - CHAMPAGNY-EN-VANOISE**
+33 6 13 10 33 31
Open daily, 9.30am-5pm, 3 July-28 August
- 2 RESTAURANT LE 360° - PLAGNE MONTALBERT**
+33 9 88 66 50 79
Open Sunday to Friday, 10am-4pm, 4 July to 26 August
- 3 CRÊPERIE LE FLOCON - PLAGNE BELLECÔTE**
+33 4 79 09 08 97
Open daily, 9am-8pm, 2 July to 28 August
- 4 CHEZ LAURETTE - CHALET DE PLAN BOIS - LA PLAGNE MONTCHAVIN - LES COCHES**
+33 6 09 34 37 88
Open Tuesday to Sunday, 9.30am-5.30pm, 26 June to 3 September
- 5 RESTAURANT LE DOU DU PRAZ - PLAGNE SOLEIL**
+33 4 79 09 05 40
Open daily 9am-7pm, du 8 July to 28 August
- 6 RESTAURANT LE FORPERET - PLAGNE MONTALBERT**
+33 4 79 55 51 27
Open daily 9am-7pm, 8 July to 28 August
- 7 LA FACE NORD - BELLE PLAGNE**
+33 4 79 09 01 73
Open daily 9am-9pm, 2 July to 28 August
- 8 RESTAURANT LA BOVATE - LA PLAGNE MONTCHAVIN - LES COCHES**
+33 9 83 54 44 94
Open Tuesday - Sunday, 9am-10pm, 25 June to 26 August
- 9 LE CHALET DE FRIOLIN - LA PLAGNE MONTCHAVIN - LES COCHES**
+33 4 79 55 37 49
Open daily 8am-10pm, 29 June to 31 August
- 10 SUPERETTE SHERPA - CHAMPAGNY-EN-VANOISE**
Open daily 8-12.30 & 4-7.30pm, 18 June to 11 September. E-bike charging possible when shop closed.
- 11 BASE DE LOISIRS DES VERSANTS D'AIME**
Automatic recharging terminal. You can use your own charger 24/7 or Bosch chargers available
- 12 SUPERETTE SHERPA - MONTCHAVIN**
+33 4 79 55 51 27
Open daily 8-12.30 & 4-7.30pm, 18 June to 11 September

