

# ski

## REMONTEES MECANIKUES

Régie des remontées mécaniques de St Foy  
73640 Sainte Foy  
Tél.: }+33(0)4 79 06 95 15  
Fax : +33(0)4 79 06 98 18  
regie.stefoy@wanadoo.fr

Opening dates : from 17th December 2005 to 16th April 2006. Possible extension until April 23rd depending on the snow conditions.

	Senior +60y.	Adult
1/2 D	11,50 €	16,00 €
1 Day	14,50 €	19,00 €
2 Days	29,00 €	37,00 €
3 Days	42,00 €	54,00 €
4 Days	55,00 €	71,00 €
5 Days	68,00 €	88,00 €
6 Days	81,00 €	105,00 €
7 Days	94,00 €	112,00 €
+1 Day.	11,00 €	13,50 €
Pedestrian pass	14,50 €	5,50 €
Season	140,00 €	330 €

Free for children aged under 7 on proof of identity and accompanied by a skiing parent.

Free for seniors aged 70 and over on proof of identity.

Student day pass : 14.50 €

Group rate. For 20+people outside school holidays

Half day from 12 h 00

## INSURANCE

Carré Neige covers : Cost of rescue and search. Initial transport cost, repatriation. Refund of ski pass in case of accident or bad weather. In case of loss or theft you will have to buy a replacement pass which will be reimbursed less one day.  
Insurance : 2,50€/day/adult. 2€/day/child.  
Carré Neige : +33(0)4 79 31 10 80 - www.carreneige.com

## SKI AREA

Prepared trails & off-pistes : more than 800 hectares.  
Orientation (North-West) Vertical : 1000 m

14 slopes	6 lifts (3 free)
3 black slopes	3 chairlifts (Grand Plan, Arpettaz, Aiguille)
7 red slopes	2 magic carpets
3 blue slopes	1 fil neige at Plan Bois
1 piste verte	3 free ride areas

## SKI AREA DEVELOP

New chairlift Les Marquises : opening in December 2006. This will double the size of the top of the ski area, offering sunny slopes all day long.

# shuttle

## INTER-STATION AGREEMENTS

Sainte Foy Tarentaise is located in Savoie, Haute Tarentaise, 6 km from Les Arcs by Villaroger, 15 km from Val d'Isère, 17 km from Tignes and 16 km from La Rosière by Les Ecudets.

### Forfait Espace Découverte

When you buy a 6 day or more ski pass for Sainte Foy you can enjoy 3 days skiing at the following resorts for 55 € extra :  
- Espace Killy – Funiculaire lift office  
- Espace San Bernardo – redeemable at the Les Eucherts ticket office.  
- Grand Domaine – Bourg lift office  
You can choose how many days you enjoy at each resort except Espace Killy where you can only have a maximum of 2 days.

### 6+ day pass

A lift pass for 6 days or more bought at the public rate gives you the right to the following discounted rates during its validity :  
- 1 day for the Espace Killy bought at Tignes at 22 €  
- 1 day for the Espace Killy bought at Val d'Isère at 22 €  
- 1 day for the Espace San Bernardo bought at La Rosière at 22 €  
- 1 day for Les Arcs bought at Villaroger at 22 €  
- New ! 1 day for La Plagne bought at 22€.

### Season pass

A season ski pass bought at the public rate gives you the right to the following during it's validity :  
- 1 free day for Espace Killy - 1 Day for the Espace San Bernardo from La Rosière at €22  
- 1 free day for Les Arcs

## ECOLE DU SKI FRANCAIS

The Ecole de Ski Français de Sainte-Foy Tarentaise offers

Group lessons	5 x 2h30	110€
	6 x 2h30	120€
Leçon particulière	1 pers. 1h	33€
	1 pers. 6h	185€
	2 pers. 1h	38€
	2 pers. 6h	205€
	3 or 4 pers. 1h	45€
	3 or 4 pers. 6h	240€
Private lessons : Half Day :	1 or 2 pers. 3h30	160€
	3 to 6 pers. 3h30	190€
Private lessons : Full Day :	1 or 2 pers. 7h	260€
	3 to 6 pers. 7h	300€

Information & booking: +33(0)4 79 06 96 76 [essaintefoy@tiscal.fr](mailto:essaintefoy@tiscal.fr)

## INDEPENDENT INSTRUCTORS

Carole Gauthier +33(0)6 11 30 09 19 [alpeskicarole@yahoo.fr](mailto:alpeskicarole@yahoo.fr)  
Yoann Colliat +33(0)6 82 26 39 78 [yocolliat@wanado.fr](mailto:yocolliat@wanado.fr)  
Laurent Camus : +33(0)6 80 42 78 51 [lorenzo@skiguide.com](mailto:lorenzo@skiguide.com)  
Alex'treme : +33 (0)6 89 16 80 66 [alex.rippe@wanadoo.fr](mailto:alex.rippe@wanadoo.fr)

# OFF PISTE

## WITH THE E.S.F. (FRENCH SKI SCHOOL)

Lessons and discovery of classic off-piste routes  
Le Monal, face Nord de Fogliettaz  
Monal / Pigttes ..... 1 to 6 pers. .... 3h 120€  
Face Nord Fogliettaz ..... 1 to 4 pers. .... 5h 200€  
Off-piste lessons : Monday, Tuesday, Thursday, Friday ..... 3h/day 120€

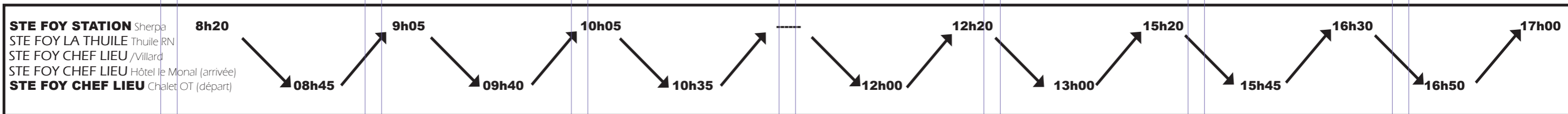
**See independent instructors too.**

## WITH MOUNTAIN GUIDES

Off-piste skiing, Le Monal , Les Pigettes, North face of Fogliettaz, camp Filleul, Tarentaise tours, héliski.  
Info : +33(0)6 14 62 90 24 [bureauguides.stefoy@wanadoo.fr](mailto:bureauguides.stefoy@wanadoo.fr)

## FREE SHUTTLE BUSES

go from Ste-Foy chef.lieu, la Mazure, le Miroir to Ste-Foy station. Info. : +33(0)4 79 06 95 15.  
Départ du Miroir et de la Mazure vers la station à **9h30** et à **12h45** (passe par le chef lieu) Retour de la Station vers le Miroir et la Mazure départ à **16h30** (passe par le chef lieu).



# Relaxation

## SNOWSHOE WALKS

Discover the mountain in an alternative way by walking the delightful footpaths accompanied by a professional guide.  
introduction ..... 12€/pers.  
½ Day ..... 18€/pers.  
Full day (without meal) ..... 27€/pers.  
Bruno DAVY +33(0)6 72 91 44 98  
weekly program available in the Tourist Office.  
Information : Tourist Office +33(0) 4 79 06 95 19  
You can hire snowshoes in the ski shops.

## SOWSHOE PATHS

4 flaire paths : Les Drains, La Cascade, Plan Saint André, Plan Bois. You'll find a free map of these in the Tourist Office and in the ski shops.

## DOG SLEDDING

Discover the snow-covered landscape by driving your own sled led by professional guides. Half day, whole day, or two days with a night in a refuge.  
Half Day ..... 100€/pers.  
Day ..... 150€/pers.  
Stéphane et Véronique Lépine – La Combaz 73700 Montvalezan.  
Rens. +33(0)6 16 48 60 47 [stephanemush@aol.com](mailto:stephanemush@aol.com)

## TASTER HELICOPTER FLIGHTS

**Blugeon Hélicoptères** +33(0)4 79 04 17 17  
5mn ..... 320€/6 pers.  
Tour Du Mt Blanc ..... 965€/6 pers.  
**Héli Moutains** +33(0)6 11 74 38 83  
8mn ..... 43€/pers.  
15mn ..... 78€/pers.  
30mn (Tour du Mt Blanc) ..... 153€/pers.

## SKI BIKE SKIBIKE RENTAL

Half Day ..... 20€/pers.  
Day ..... 30€/pers.  
Alistair PLATT +33(0)4 79 40 11 61 ou +33(0)6 75 42 40 91 [info@skibike.net](mailto:info@skibike.net)

## GUIDED VISITS

In Séez : jewellery, forge, Baroque art, Arpin's weavers, Musée de la faune et de la nature, poterie du Foulon, baroque church, Crozet's traditional manufacture...  
Info : +33 (0)4 79 41 00 15.  
Milk co-opérative in Bg St Maurice+33(0)4 79 07 04 47 -Visits : +33(0)4 79 07 08 28

## SLEDGE SLOPE AVAILABLE WITH DERMOPHIL

A secured sledge slope is for your children (in front of the ESF). For your own security and for the security of your children, remember that sledges are forbidden on the ski slopes.

## MOUNTAIN GUIDES

Mountaineering, climbing, Via Ferrata, canyoning, hiking for all ability levels. Day trips.  
info. : +33(0)6 14 62 90 24 [bureauguides.stefoy@wanadoo.fr](mailto:bureauguides.stefoy@wanadoo.fr)

## SEMINARS

Modern Center in a cosy mountain atmosphere for your meetings from 10 to 80 persons. In winter up to 20 persons,  
From May to December up to 80 persons.  
Centre Conférence & Meetings Les Balcons de Sainte-Foy  
[www.spa-conferences.com](http://www.spa-conferences.com) Tél : 04 79 06 27 20

## SPAS - RELAXATION

**Les Balcons de Sainte Foy** - Tel 04 79 06 27 20  
Access to the covered swimming pool, sauna, jacuzzis, hamman, fitness room.  
Per day / adult ..... 25€\*  
Per day / child ..... 12,50€\*\*  
Per week (6 days) ..... 125€\*  
\* Rates are per person and give the right to all activities mentioned above.  
Sandals and towels supplied. \*\* children under 12 and with an adult.

### Les Fermes de Sainte Foy - CGH - Tel 04 79 06 14 61

Hot and cover swimming pool, sauna, jacuzzi, beauty care, balnéothérapie, salle cardio training, massages, cures.  
[L'accès à la piscine est lié à l'accès au centre de beauté](#)

Sauna or hamman, 20mn session.....	8€
Card of 5 session.....	35€
Card of 10 session.....	60€
Cardio training - session.....	8€
Card of 5 session.....	35€
Card of 10 session.....	60€

Bath hydromassant.....	20 mn 25€
Relaxing massage, pierres chaudes, drainage, modelage de 30 à 80 mn.....	from 40€
Soins du dos, soins crytonic, reflexologie, gommage corporel,.....	from 40€
Enveloppements d'algues, d'huile, soins amincissants.....	from 40€

Soins du visage men and woman.....	from 40€
Epilation.....	price available
Manucure.....	25€
Cure 3 days care.....	250€
Cure 4 days care.....	350€
Cure 5 days care.....	500€

### “Equilibre” Sarah Sissons (à domicile) +33 (0)6 87 82 33 36

Réflexologie session 1h.....	70€
Massage session 30mm.....	40€
Massage session 1h.....	70€
Méthode Pilates (rééquilibrage en douceur des muscles aussi et anti stress) 1h.....	50€

### Entertnmaint:

Welcome drink, picnic room, kids sledding race, free telemark and ski bike trials (wednesdays), guided snowshoe walks, guided visits.

The weekly programme is available from the tourism office : +33(0)4 79 06 95 19

# children

## KIDS CLUB

### LES P'TITS TRAPPEURS from 3 to 11 ans

From 8.45 to 16.45. Sunday to Friday.  
½ Day ..... 8.45-12.00 or 13.30-16.45..... 16,50€  
½ Day with meal ..... 8.45-13.30 or 12.00-16.45..... 27€  
Day ..... 8.45-12.00/13.30-16.45..... 25€  
Day with meal..... 8.45-16.45..... 35€  
Meal..... 12.00-13.30..... 8€  
Kids Club : les P'tits Trappeurs  
Tel : +33(0)4 79 06 95 15 Fax :+33(0)4 79 06 98 18 [regie.stefoy@wanadoo.fr](mailto:regie.stefoy@wanadoo.fr)

### CUB CLUB PREMIERE NEIGE from 7 month to 7 years

Private nursery  
From monday to saturday 9.00-17.00  
Day (5 days/week)..... Child -2 years.....435€/week  
..... Child +2 years .....290€/week  
½ Day (5 ½day/week)..... Child -2 years.....330€/week  
..... Child +2 years.....218€/week  
Day 9.00-17.00 (in terms of availability)..... Child -2 years..... 95€/week  
..... Child +2 years..... 65€/week

hour rate..... 15€/hour  
Première Neige : Les Fermes de Sainte Foy +33 (0)4 79 06 30 55

