



# SUMMER ACTIVITIES IN CHAMONIX

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There is so much to do while in Chamonix!

To give you an idea...

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## **SPORTS**

### **Walking**

The Chamonix valley offers over 350 km of superbly maintained hiking trails; with 160 different itineraries there is a track for every one. The lower valley trails are fantastic for wonderful forest scents and the higher altitude trails are great for panoramic views. Walks are well signposted and accessible either from the valley floor or by cable car.

### **Tennis / Squash**

There couldn't be a better backdrop for a tennis court! Located next to the Richard Bozon Centre (outdoor pool and gym complex) the Chamonix tennis club offers 13 outdoor courts with a mix of clay and hard surfaces, 2 indoor hard courts as well as 2 squash courts. There is also a fantastic café restaurant situated in the center of the courts so you can still be a part of the action if being on court is not your thing.

### **White water rafting**

Discover rafting as a family on an easy river or take on the wildest rapids in the Alps! There are various day trips available in and around the valley, including a trip through the Mont Blanc tunnel to Italy for a full day white water rafting or down the valley to Passy for canoe-raft and airboat rides or, in Chamonix for a great half day rafting on the class 2 Arve river. The rafting guides are all fully qualified and are there to ensure you have a great day out!

### **Hydrospeed (river boarding)**

Swim / surf the alpine rivers and rapids down the valley in Passy! Fully equipped with wetsuit, life jacket, flippers and a protective floating device it is one of the most aquatic adventures in the alps! From 4-8 people (12yrs and over, strong swimmers)

### **Canyoning**

Another water activity to keep you refreshed! Wearing a wetsuit and a harness you work your way down a canyon by abseiling down waterfalls, sliding over water smoothed rocks, scrambling over boulders and jumping into pools of white water. Guided adventures take place in Chamonix or you can take a day trip to Italy or Megeve. Ages, 8yrs + (able to swim)

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## **Paragliding (Parapent)**

Fancy seeing Chamonix from above, why not give flying a try! You can choose to go tandem with an experienced pilot or you can learn how to fly by yourself by booking in for a 1 week course.

## **Rock climbing**

Another popular activity to do in Chamonix! There are many areas where climbing is possible if you have your own gear, however if you are a beginner and would like to learn how to get started or improve your technique with a high mountain guide, there are half day rock climbing groups available. 4 half days and private climbing tuition is also available with all safety equipment provided.

## **Mountain biking**

There are trails to suit all levels of ability in Chamonix, including some very technical and steep downhill tracks so make sure you read the mountain biking itinerary pamphlet before heading out.

There are many places around Chamonix to hire different types of bikes, it just depends on what sort of adventure you are after; x-country, downhill or road bikes. Using the map you can explore the trails on your own, or you can hire a guide to show you the way as well as teach you how to ride the Chamonix terrain.

Bikes are a great way for getting around Chamonix, even if you just want a family day out; You can ride to Les Gaillands for a picnic and watch people rock climb (or give it a go yourself) or maybe you would like to take the kids to Paradis des Praz... there is a track for everyone.

## **Horse riding & trekking**

Discover the beautiful Chamonix valley from a horseback. One or two hours rides for novices as well as confident riders or make a trekking on horseback for half a day, full day or several days.

## **Mountaineering**

You don't have to come to Chamonix in winter to experience the thrill and excitement of walking on snow and coming up close and personal with a glacier!

You can join a mountaineering group or hire your own private guide for the day. The guides are enthusiastic and teach you how to operate in the mountains, whether it be learning crevasse rescue, avalanche training, ice climbing, survival techniques... they are there to help you. No experience necessary.

## **Via Ferrata**

Italian for 'Iron Road' it is a mountain route that is equipped with fixed cables, ladders and bridges. Wearing a harness and safety slings, you stay clipped on to cables as you climb along the route. You can hire the harness and via ferrate kit in shops around town and if you have a car you can access the various routes independently - using guide books - or you can book on to do a half day or full day with climbing guides.

There is a via ferrata located down the valley, high above Passy which is called the 'Iron

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walkway' or you could test your vertigo at the one on top of the Aiguille di midi. No experience necessary however it is not recommended for small children or if you are afraid of heights!

### **Richard Bozon Centre**

25m indoor swimming pool, 50m outdoor swimming pool, amusement pool with waterfall, river rapids, water jets and massages, 130m covered waterslide, solarium, sauna, spa, weights room and fitness aerobic classes.

### **Golf**

18 hole golf course designed by the world famous Robert Trent Jones Senior in setting between the Mont-Blanc range and the massif of the Aiguilles rouges.

### ***OTHER ACTIVITIES***

#### **Ten Pin Bowling / Billiards / Arcade games / Mini Golf and Bar**

Open 17h – 02h, or earlier if bad weather. Equipped with 8 modern bowling lanes, numerous pool & full sized snooker tables, games arcade and mini golf. Drinks and snacks are available as well. A great activity if it's raining outside!

#### **Tree adventure parks**

Travel from tree to tree, in magnificent forests. Sky-high thrills in complete safety, taking zip-wires, rope bridges, tunnels, rope ladders and sky walks... There are lots of different adventure parks in and around the Chamonix valley to choose from: 'Arbe Adventure' in Les Houches / Servoz, 'Parc de Loisirs' in Chamonix, Les Tines (new!) and 'Cham Adventure' Les Gaillands (new!) Technical equipment provided.

#### **Parc du Merlet**

The animal park situated at 1500 m, facing Mont Blanc, is a magnificent 50 acres park where ibex, chamois, marmots, stags, deer's, hinds and llamas roam around in freedom. There are various presentations that take place daily throughout summer. There is a snack and drinks stall and a panoramic restaurant. You can access the park by foot, bus or car.

#### **Lac de Passy**

Only 25 minutes by car from Chamonix you will find Lac de Passy. Take a picnic or BBQ and enjoy a relaxed day by the water - sunbathing on the sandy beach, swimming, wind surfing, paddling and other water-based fun activities! You can even take your running shoes for a quick lap before cooling off with a swim. Other activities near the lake are quad bikes, mini golf and go-karting.

#### **Day Spas**

After all the adventure sometimes it's nice to unwind and relax. Chamonix offers a number of different spa options, depending on what you're looking for and how long you want to spend pampering yourself! Many of the top hotels in Chamonix have spas that offer treatments and have outdoor pools, jacuzzis, steam rooms and saunas.

For more of a full-day spa experience head through the Mont Blanc tunnel into Italy for the Pre-St. Didier thermal spa – nestled among the mountains of the Aosta valley.

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## **Helicopter flights**

You can be up in the air from 10min to 30min with some of the best helicopter pilots in the world as the fly you over the spectacular Mont Blanc Massif and hover besides soaring cliff faces of blue glacial ice.

## **Hot Air Ballooning**

Float over the French Alps for 1hr 30min as the wind takes you up to different elevations and in various directions.

## **Le Musee Alpin**

Located in the centre of town, it is a great museum for sport fanatics to visit as it will fill you in on the history of the area's top sports such as skiing and mountain climbing. To learn about daily life in the mountains today and in the past, visit the Musee Montagnard in Les Houches.

## **Parc de Loisirs and Luge – The amusement park in the Mont Blanc area**

The Leisure park of Chamonix is a great place to spend a day out with family or friends. Unlimited access to more than 15 activities and games await you! Including a new luge track, panoramic tower, slides, toboggans, trampolines, outdoor games areas, boat splash, giant swings, chairlift, rope mechanics a fantastic adventure park for everyone!

## **Paradis des Praz**

Paradis des Praz is an idyllic spot along a stream with an outdoor play area for kids with ponies, sandpits, swings and slides. A small shallow lake provides the perfect spot for the little ones to splash around. A small restaurant serves drinks and snacks.

## **Cinema**

Showing the latest films from around the world with a selection of French and English on three screens. The Chamonix Cinema Vox is equipped with larger screens, digital sound, new and comfortable seating.

## **CHAMONIX LIFT SYSTEM**

Head up the mountains surrounding Chamonix for incredible views of the mythical landscape.

## **Aiguille du Midi – 3842m**

The highest ever built mountaineering museum – The Mont Blanc wing and its panoramic view of the Alps is very unique. *\*It is not suitable for young children and anyone who are sensitive to heights. Dogs are not allowed.*

## **Grands Montets – 3275m**

It's all in the name – The Grand Montets. In winter it is the highest ski area in the valley and in summer you can still experience the glacial atmosphere and snowfields.

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### **Brevent – 2525m**

Facing south it is a magnificent viewpoint for Mont Blanc.

### **Flegere – 2396m**

A great place to view the Mer de Glace and the Argentiere and le Tour glaciers. There are some fantastic day hikes to refreshing lakes and instead of taking the cable car down why not try descending on a mountain bike!

### **Balme – 2270m**

The ideal domain for mountain biking with vast high mountain pastures and fantastic views down the Chamonix valley.

### **Tramway du Mont-Blanc – 2113m**

A mountain train with fantastic views of the Aiguilles of Chamonix. It takes you up to the Bellevue plateau that has ideal walks for families.

### **Montenvers – Mer de Glace 1913m**

A 20 minute journey on a little red train to Europe's biggest active glacier – the Mer de Glace. Next to the stunning views you can also enjoy an ice cave, several hiking trails or learn about the creation and evolution of glaciers in the glaciarium.

### **Les Houches – 1800m**

The Prarion and Bellevue cable cars will bring you to easy walking paths in a perfect mountain landscape. Also great for mountain biking!