

The Unthank Ski Club - Take a piste map - Mountain Rescue: 00334 5021 5050 (or 112)

SKI ITINERARIES - DAY 1 ROCHEBRUNE TO COTE 2000 RIDGE - Medium or fast groups

From the centre of town (Rond Point and Hotels) take the Chamois lift and then the Caboche lift to the top of the Rochebrune ridge. From the Sylvana or Clochettes either take the two chair lifts to the Caboche bubble and take this to the top of the ridge. Or simply take the Rochebrune cable car straight to the top and skate over to the top of the Caboche lift. Get your skis on and off you go!

To get to the Petite Fontaine (PF) chair you have 2 choices. Both start from the top of the Caboche bubble, with your back to the Rochebrune cable car, then either:

1. Ahead to the right, take the blue Thurn or Forestiere pistes to the bottom of the Alpette chair, go up the chair. At the top, go straight ahead and down the beginning of the blue Mouillettes piste but take the right hand fork track that leads round to the red Scion piste under the Petit Fontaine (PF) chair lift. or,
2. Ahead and to your left, ski the very beginning of the green piste and then turn left down the black Super Megeve piste. (this is grey rather than black!) At the bottom of the steep section there is a track on the right (look out for it!) which goes through the trees (the children call this "Narnia") This brings you on to the blue Mouillettes piste. Go straight across, don't turn left. You will pass the Petite Fontaine snack bar on your right which is a good place for coffee or a snack, particularly if you have children.

There is a snack bar at the bottom of the PF chair which is a good place for coffee. There is a toilet at the back. The Javen restaurant is also good for coffee and lunch. The assiette du skier is huge and can be shared between two!

Go up the PF chair. If you need a toilet there are 2 at the top but of the squat variety. You can either ski back down the red Fontaine or Scion piste, turn either hard left or right off the chair, you will not have done the top section whichever way you came and it's a super run. Or down the blue Jardin run, again left from the top of the chair but not hard left, it is technically second on the left. This is a lovely, undulating piste through the trees initially. Half way down there is a fork. Take the right hand fork for the PF chair.

To get to Cote 2000, face left as you get off the PF chair lift and ski straight across on the track all the way over to the piste leading to the Rochefort button lift. There are other pistes crossing this track so take care of people coming in from the right and don't turn left! The drag lift is steep!

At the top of the Rochefort lift you can ski down to your left on the Lanchettes piste which is a great, fast red run. The Lanchettes lift is a long drag lift with a dogleg in the middle so don't get off accidentally half way up! Go left at the top to head to Cote on the blue Pre Rosset track.

If you decided not to ski the Lanchettes run then at the top of the Rochefort lift you need to skirt round the top of the Lanchettes drag lift which you will see coming up on your left to pick up the blue Pre Rosset track which winds round the mountain. Beautiful views of Mont Blanc from this track so enjoy! There is a tunnel towards the end of the track, continue round to the right after the tunnel and this will bring you out to the second chair at Cote 2000. Go up this and at the top you have a choice of 2 red runs and 2 black. All are great runs so have a play in this area for a while. The black runs are sometimes closed: the Marmotte because of avalanche danger and the Descente because this is used for race training. Of the two the Descente is the best as it is the women's downhill race course. It is quite a challenge to get down it in one go and at speed. Be careful though as there are some blind rollers where you can get a lot of air if you're going fast and there can be people standing just below the

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summit. There is a schuss at the end which you have to commit to at the top, otherwise you are walking uphill to the lift!

If you feel like lunch, there is the Cote 2000 restaurant at the bottom but we wouldn't recommend – it's expensive and service is surly. Much better is the Altiport – you take an itineraire run at the bottom of the women's downhill descente to your left through the trees. It is off the beaten track. However, our favourite is The Radaz which is on your way back – read on!

To ski back from here you will need to take a long steep drag lift. If you are not happy with that, you can take the bus back - the bus stop is on the right of the car park. Get off at Mont D'Arbois stop and get the Rocharbois lift back across the valley to the Terrasse De Mas, or stay on the bus all the way back to the Rond Point.

To ski back to Megeve go up the first chair, then take the red piste to your right and take the left hand fork back to the bottom of the second Cote 2000 chair. From the second Cote 2000 chair, keep going straight ahead on a blue track (Pre Rosset) that crosses the black Women's downhill piste (if they are racing you go through a tunnel). It should be sign posted Retour Megeve. You will pass the excellent Radaz restaurant. Great for hot chocolate or lunch – try the tartiflette (we think the best on the mountain) or the diots. There is also a snack bar but it's not always open. Continue on the blue piste. Towards the bottom there is a schuss back to the bottom of the Lanchettes drag lift.

Hang on tight on the Lanchettes, it's a long one! At the top of the Lanchettes lift you need to skate over past the top of the other drag lift coming up (the Rochefort), it should be signposted Retour Megeve, and take the blue track across the mountain (on the piste map this is marked as the beginning of a red piste but it is not a hard track). This crosses the track you took previously from the top of the Petit Fontaine chair to the Rochefort drag lift so don't be tempted to turn right or you'll end up back at the drag lift again. This blue run turns into the Jardin run which you may have done previously from the top of Petit Fontaine. Halfway down this there is a fork. You must take the left hand fork for the Jardin chair which will take you back to where you can ski home. If you go too far and back to the PF chair you will need to come up that and ski back down Jardin to the Jardin chair and take the left hand fork.

From the top of the Jardin chair, turn to your right and take the blue track along the ridge that runs just under the rather exclusive Alpette restaurant. A good restaurant for a blow out but very expensive. Don't turn downhill to your right or you will end up back at the Petit Fontaine chair lift – although if you didn't do the Petit Fontaine runs earlier, you may want to do them now. Keep going straight on following the blue Retour Alpette run. Following a long schuss, you will see the top of the Caboche bubble ahead of you. Choose either the black (grey) Super Megeve run to your right, the red Stade Olympique straight on or the red A2 piste– start on the green and you will see that red piste go off to your left. All good runs. The Olympique is probably my favourite. As a variation, keep an eye out for the stade slalom coming off on the right off the Olympique just after the first section. If it's not being used for racing it's normally in great condition and quiet! You will end up with all pistes back at The Terrasse de Mas. The Terrasse de Mas is an ideal restaurant for meeting up with those that have been in ski school but it does get very busy. It has a nice sun trap of a veranda. For the Rond Point and hotels this is the end of your itinerary so if you want to head home, hop on the Chamois back to the town. For the Sylvana and Clochettes, continue on the green piste to the bottom of the Rochebrune.

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SKI ITINERARIES - DAY 2 MONT D'ARBOIS - Medium Group

From the centre of town (Rond Point and Hotels) take the Chamois lift up. From the Sylvana or Clochettes either take the two chair lifts and turn left to the top of the Chamois lift. Take the horizontal lift, the Rocharbois, across to Mont D'Arbois. Go up the Mont D'Arbois bubble.. Turn left out of the lift down the blue Finance piste. Keep your speed up as it's fairly flat. At the end of the first pitch fork left down the Milloz and enjoy this long, undulating run through the trees watch out to go left and look out for the half way station of the Princess. You can go to the bottom (right hand track) but it is not a very interesting run. Go up the bubble and take the same original route but fork right at the end of the first pitch.. Ski down the blue Finance run, continue ahead until you pass under the Mont Rosset chair. There is a small hillock and you need to bear sharp left and ski down the red Marmine run. Enjoy the rollers! At the bottom you pass La Creperie De Croisette which is a good place for coffee and does the best omelettes on the mountain. Go up the chair. At the top, bear half right down the blue Prapacot run to the midway station of the Princess lift. A lovely long run through the trees.

At the top, take the same route again, but instead of going left, take the right hand red Crete piste to the bottom of Bettex. You pass a restaurant, Le Boitet which is a good coffee or lunch stop. Otherwise try Fleche D'Or on the left at Bettex.

Go up the Bettex gondola and you have a choice of 2 blue runs or a green run which bring you to the Mont Joux chair. The blue runs are straight ahead Freddy and La Source and the green run starts to your left and loops round down on your right to the Mont Joux chair. You can stop for coffee at Le Rosay or go up the chair and have coffee at L'Espace Mont Joux. We recommend this for lunch. Turn left off the chair and head down the green run on the ridge . stay on the ridge to the top of the Communailles chair which comes up on your right. There is a red run, Rolles, or a blue run, Orgeres, which loops hard right under the chair, which go down to Communailles. They are both fun, undulating pistes. You can go half way down to the bottom of the chair – on your left at the same level as the top of the drag lift – go back up the chair and ski the other run all the way down to the bottom of Communailles. At the bottom of Communailles is a nice restaurant, L'Alpage, which we recommend for lunch. The fish soup is particularly nice but they also do a good tartiflette and pizza. Go up the drag lift and the chair, Croix, and at the top ski straight ahead down the green run to the Mont Joux chair. Go up that and there are 3 red runs, Chaillettes (to your right), Valamonts and Slalom (both to your left) for you to ski back down to the Mont Joux chair.

At the end of the day you can ski all the way down to the bottom by continuing past the Mont Joux chair on the green alpage run which becomes the Mandarines. You pass the Ideal chair on your right and if you would like some further skiing, go up that you can ski back down the Belle D'Arbois, Pylone, or Schuss red runs to the bottom. To get to these go to your left and set off on the green Mandarines run. After the first pitch, the Mandarines continues to your left and there is a track going straight ahead. Take this. The blue Oratoire run branches off to your left and eventually the track splits into three, Belle d'Arbois is the left branch and ends up on the green Mandarines at the bottom, Pylone is straight on and under the Mont d'Arbois bubble, Schuss bends round to the right and runs near the Grand Vorasset drag. At the bottom you can take the Rocharbois back across the valley.

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SKI ITINERARIES - DAY 3 St. Nicolas - Medium Group

From the centre of town (Rond Point and Hotels) take the Chamois lift up. From the Sylvana or Clochettes either take the two chair lifts and turn left to the top of the Chamois lift. Take the horizontal lift, the Rocharbois, across to Mont D'Arbois. Go up the Mont D'Arbois bubble Go up the Mont D'Arbois bubble. Turn right and ski down the green/blue run, Argent, passing the Ideal restaurant to your right, to the bottom of the Mont Joux chair. Go up the chair and right, ski down keeping the small drag lift on your right hand side. Keep your speed up and go straight ahead for the Epaule chair. Go up this and enjoy the views at the top. Go left and ski down "the ridge of death!" so named by some guests. It is just a red run but feels a little exposed. It's real name is the Grand Epaule. This is one of our favourite runs on the mountain.

You can either carry on straight down the ridge to Les Chatrix, or take a deviation where the ridge first levels out turning right on to the Marmottes run taking you to a drag lift coming up from St Nicholas. You pass the restaurant, Refuge Du Porcherry, which has magnificent views of Mont Blanc and a good place for a hot chocolate or lunch. From the bottom take the Vanay button back to the ridge.

Either route, continue straight on from the grande epaule down the petite epaule to the Chatrix chair. Turn left at the top of this chair and pick up the red Olympique run which takes you down to the Vanay drag lift. Continue left through the trees on the scenic Chatrix blue piste. Look out for a right hand fork called retour village. This is often shut (if so, continue to Chatrix chair and take it up then pick up route from top of Vanay lift, below) but if it is open take this to the picturesque village of St. Nicolas. Have a look in the church (you paid for the restoration!). There is also a bar great for coffee and views of Mont Blanc. Take the old fashioned charming chair lift up to the plateau.

Take the Vanay drag lift. From the top you can ski down the black piste, the Grand Choucas, straight ahead, or take the blue Petit Choucas, loops round over the black piste, to the Croix Du Christ. From the Chatrix chair take the Petit Choucas piste. You pass the Gouet restaurant. This is one of the best places to stop for lunch and one of our favourites, but you cannot book. They do an excellent Croute de Gouet – bread soaked in white wine, ham, cheese, baked in an oven with a fried egg on top. Delicious! The pella is also excellent.

Go up the Croix du Christ chair and there are 4 red runs you can ski in that bowl, one to your left and the others off the blue Clementines ridge piste to your right. When you have finished in the bowl, ski left, then right from the top, down to the Epaule chair. At the top of the chair go hard left on to the Blanchot red piste to the Refuge du Mont Joly which is the oldest restaurant on the mountain. From here, you can head for home (skip the next bit) or go up Mont Joly. There is a red piste at the top but it is a track and not particularly pleasant but Mont Joly is the highest point in Megeve so if you want to conquer it do continue.

For Mont Joly, take the red piste down to your left which leads to a wide track left to the chair. At the top, admire the view, then follow the red piste down to your left. You can continue on the red bearing left at the fork half way down taking you back to the bottom of Mont Joly but if you want to get back, keep on the higher track that cuts across the mountain back to the Refuge du Mont Joly. From the refuge, schuss straight down the ridge to the Evasion button lift to the top of Mont Joux. From Mont Joux, ski all the way down on the red runs next to the chair lift – Chaillettes, Valamonts or Slalom – and continue on down past the Rosay restaurant and then the Ideal lift all the way to the bottom of Mont d'Arbois. Pick up the Rocharbois back across the valley.

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SKI ITINERARIES - DAY4 JAILLET/COMBLOUX – Medium and Fast Groups

To get to Jaillet from the Sylvana or Clochettes you can catch a bus outside the Rochebrune cable car station which will take you all the way. From the Rond Point there is a bus stop outside where you can get the bus to Jaillet. Alternatively, you can catch the horse-drawn caleche outside the Vieux Megeve restaurant which is free - for skiers only. It starts at 10am.

Go up the Jaillet cable car and at the top, skate to your left (not hard left) and pick up the blue Pres run to the Christomet chair. Go up this and ski straight ahead to La Gettiaz. This is a 6km run so have a great blast but look out for the frozen waterfalls and magnificent icicles. From here, go up the Torraz chair which is in two sections at the top turn right and ski down the red run, Rhodos, to the Torraz drag lift. Or have a play in the snow park which is further over. When you have finished, go up and turn left down the ridge, on the Crete piste. Pass the red Traversee piste then bear left for a nice black run, Bolets or straight ahead to the red run, Chevreuils, to the halfway stage of the Torraz chair. You can ski to the bottom but it is not very interesting. There is another black run, Chamois, near the top off the ridge on your left, but this is often not pisted and unpleasant unless there has been recent fresh snow.

When you have finished exploring this area, take the blue Controverse run to your left from the top of the Torraz chair. Off this to your left, there is a very nice red run, Boenet, which takes you all the way back to the bottom of the Torraz chair. Alternatively, continue on the blue and take the small drag lift. Then straight ahead past La Bonjournal restaurant which is an excellent place for coffee or lunch.

Go up the Bonjournal drag lift to the top of Christomet and from here you can ski down the black run, Aigle, left and then right. This has an unpleasant steep mogul section in the middle. Or you can take the red Coq, to the left of the black piste. Come back up the Christomet chair and take the blue Chevreuil run to your left. The black Moineau run branches off this to your left or continue on the rolling blue through the trees back to the bottom.

Go up the Pres chair and from here double round right under the chair to the Jouty run - a long undulating red. Come up the chair, take the blue Plaine Jous run to your left along the ridge. Take the red Porrez piste on your left or black, Grand Cerf, piste. These runs pass the Alpage de Porrez a charming place for coffee or lunch. Go up the Jouty chair and turn a gentle left into the Creve Coeur bowl. Enjoy the Blaireau black and the Rhodos and Choucas reds to the Creve Coeur drag lift. When you have finished, take the blue Plaine Joux run to your right along the ridge past the restaurant and take the Melezes or the Ambrouzalles red runs on your right down to the Pertuis chair. Do one or both and then continue past Pertuis to the bottom of the Beaugard chair. At the top of the Beaugard chair there is a good place for drinks or lunch, the Coeur d'Or. Take the blue Gentiane, hard right from the top of the chair and just after it crosses under the lift look out for the Grand Tetras red run on your left back to the bottom of the Beaugard chair. Go back up the chair and this time take the more gentle left hand blue piste, Papa, to the bottom of the Pertuis chair.

To get home from the top of the Pertuis chair head left for Jaillet on the blue Bel Ava piste. There is a red run, The Ravine to your left if you fancy a short extra run and there is a nice restaurant just past the bottom of the Ravine chair lift. You can continue on the red Ravine run all the way to the bottom where it meets the green run or come back up the Ravine chair lift and take the green Dames piste slightly to your left back to the top of the Jaillet bubble. Ski down the red Etoile run under the bubble, or down the blue piste, the Pere Noel to your left. If you are tired you can take the cable car down.

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