

Things to do in and around Megeve.

For general information on all things to do in and around Megeve, do visit the tourist office in the centre of the town. They have walking maps and mountain biking maps, as do the lift stations.

- 1) **Maison de la Montagne** – tel: 04 50 21 55 11, Rue de la Poste next to the post office. Go here to book mountain biking guides, climbing, via ferrata (fun but scary adventure walks in the mountains), white water rafting, paragliding and canyoning. Normally you have to have a minimum number of people to form a group for these activities. However, Alex Perrinet, a local mountain guide who works with us in the winter, is happy to co-ordinate smaller groups from Stanford with other groups wanting to do the same activities. His number is 0685428339 or ask at the guides office for him. He speaks excellent English and is great fun.
- 2) **Adventure Passports** – the guides office above are also offering packages to children and adults whereby you can try trekking/hiking, rafting, high ropes course (Cote 2000 adventure park and rock climbing – discovery package or Tonic package for adolescents and adults – mountain biking, paragliding, via ferrata and canyoning. Call in at the Maison de la Montagne above for more details.
- 3) **Cable cars.** The Rochebrune, Mont d'Arbois and Jaillet cable cars are open in the summer from June/July until beginning-mid September depending on the station. You can take mountain bikes/pushchairs etc. up on the cable cars. You can also buy a card for 10 ascents/descents which works out cheaper Buy one card for the whole family. There are many walks and bike rides from the top of the cable cars and fantastic views of Mont Blanc and beautiful wild flowers. Even if you do not want to walk, it is worth a trip up and having a coffee/lunch at the top. The mountain restaurants are open at the top of the cable cars and they all have (cold) swimming pools so if it's hot, take your cozzies! The Auberge de Christomet is open on the Jaillet side and it is a nice gentle walk down to it from the top of the Jaillet lift – see a walking map. It is a road walk down afterwards as you can drive up but you end up at the top of the summer luge so the last bit is a swift ride down the hill. Anyway, it is well worth the trip as the food is scrumptious although peak seasons you may have to book – 0450211134. The Radaz – famed in the winter for tartiflette and diots although probably a bit heavy for the summer – is also open in the summer (no pool). You can walk from the top of the Rochebrune cable car along the ridge to Cote 2000 and then down the Pre du Roset. You pass the Radaz and it's ideal for a lunch stop. Walk back along the bottom of the valley, through Le Tour to get home or buses do go from Cote 2000 car park but only about 4/day. Also open are Le Javen at Le Javen lake and Le Babotch just close to Le Javen lake (no pools).
- 4) **Fishing** – at Lac de Javen. Fishing rights 6E (loan of tackle) + catch sold by weight.
- 5) **Summer luge** – Great fun for all ages. Catch the chair lift up from next to the Jaillet cable car, grab a sledge and zoom down. From 30th June to 2nd Sept 1 descent 3.70E, 10 descents 26.50E.

- 6) **Golf** – Mont d’Arbois golf course – 04 50 21 29 79, www.golf-megeve.com. Apparently a great fun course and quite technical. Green fees vary from 35E midweek in low season (pre-30 June) to 75E in August. You can also get a pass to combine golf courses in the area – the one in Chamonix down the road is supposed to be good. More information from the golf course itself.
- 7) **Paragliding**. Tandem flights can be arranged with the guides office above or with Megeve parapente – 06 62 13 27 71 or Haut Vol – 04 50 21 46 01. From 65Euros.
- 8) **Hot air balloon rides** – in Praz sur Arly, a village 2 miles down the road from Megeve (continue along the pass towards Albertville). Alpes Montgolfiere – 04 50 55 50 60 or Les Ballons du Mont Blanc – 04 50 58 08 46.
- 9) **Flights over Mont Blanc** – from Cote 2000 airfield. Altiport Megeve Cote 2000 – 04 50 21 33 67, Aerocime – 04 50 21 03 21. This is an amazing experience and is well worth doing as you get great views of the Mont Blanc glaciers. There are also helicopter rides available.
- 10) **Horse riding**. For adults and children, courses are available from 4 years old upwards or private hacks into the mountains. Les Coudrettes Riding School – 04 50 21 16 52. It’s a bit tricky to find but continue heading out on the Route de Rochebrune. The road forks and you take the right which should be signposted Praz sur Arly. The riding school is off this road on the Rue du Meu and should be signposted.
- 11) **Paintball**. From 12 years old, at Cote 2000. Paintball experience – tel: 06 09 81 31 17.
- 12) **Tennis**. At the Palais des Sports – 04 50 21 59 10. Mini-tennis from 4 years old and discovery workshops from 7 years old. Adult workshops available too – or just go and play!
- 13) **Swimming**. There is an open air and indoor swimming pool at the Palais des Sports. You can not wear really long board shorts to swim in in France. It is apparently unhygienic! We have found that mid-thigh shorts are fine. The real place to go if you want to swim/sunbathe and relax though is the Plein d’Eau at Combloux. This is a man made swimming lake that is naturally filtered. It is set on a plateau that looks out to the Mont Blanc range so you can swim along looking at fantastic views. It’s not heated and is open from mid-June to beginning of Sept. There is no shade but you can take a parasol, if you can get it into the hard ground, or you can hire one there for 2Eu. You do have to pay to get in and space is limited. There is a good restaurant here with fantastic ice creams. There is also a health and beauty bit with massages, saunas etc. Really a fantastic spot to spend the day relaxing. To get there, head back down the valley to Sallanches. The first village you will pass through after leaving Megeve is Combloux (there are signs). At the second mini-roundabout turn right and then either left and park in the small car park or right for the larger one. Then, down the steps, you will see the lake complex below you. The lake is not visible from the road but the Plein d’Eau arch is.
- 14) **Cote 2000 high ropes – adventure course**. There is a special children’s run for 5-10 year olds or a longer, higher section for adults with zip wires, rope bridges and spider webs! Tel: 06 76 29 71 04 or just turn up at Cote 2000 and follow the signs.

15) **Canis Rando** – a slightly bizarre thing where you can walk/be towed along by a husky dog. I've never tried this but you can also go for guided tours round the kennels. You have to book so call 04 50 21 37 03 for more info.

16) **Ice skating.** There is an Olympic skating rink in the Palais des Sports.

17) **Clay pigeon shooting.** This is at Christomet on the Jaillet side. Call 04 50 21 33 13. Open from April to November.

Not so sporting!

1) **Market day.** The market is well worth a visit. It is on Friday morning and normally spreads from the centre of town below what is the outdoor ice rink in winter to the Palais des Sports. Make sure you don't miss the bit at the Palais des Sports as this is the food section with lots of local specialties to buy!

2) **Spas, beauty treatments.** There are lots of places. Hotel Fermes de Marie is probably the poshest one in town – call 04 50 93 03 10. Instant des Soins is easy to find, in front of the Post office tel: 04 50 53 26 90. There are also beauty centres at the Hotel Mont Blanc in the central square – 04 50 21 20 02 or at the Hotel Au Vieux Moulin – 04 50 91 90 46.

3) **Cheeses and local produce.** You can visit various farms in and around Megeve to buy local cheese milk, fruits, vegetables, jams and honey. Try La Ferme de la Cote 2000 for tomme and reblochon, 04 50 58 75 49, L'alpage les tetes for goats cheese and possibility to attend milking – Route du Leutaz-Very, 06 09 40 55 12, Les Jardins de la Mottaz for fruit, veg and jams 4:00-7:00pm not Sundays, 150 route du Villaret, 04 50 58 75 49.

4) **Dining.** There are many wonderful restaurants in Megeve. For a review, please see our website www.stanfordskiing.co.uk. The best is probably the Flocons de Sels with it's Michelin star, take the road to the right of the jazz club behind the back of the central square. Other favourites are the Table du Trapeur at the Hotel St. Georges, Le Prieure in the central square and Le Cintra in the central square but there are many good restaurants in Megeve. Wander around and take your pick! There is also an excellent restaurant in St. Gervais – approx 20 min drive – called Le Serac. It is trying for a Michelin star and is very good.

5) **Going Out.** The jazz club (Coin cinq rues) just off the central square is a must. Drinks are pricey but there is no entrance fee. There are two sets, one early evening and one around 11pm. There are many little bars and cafes for a quiet drink or if you like things a bit pacier, try the Casino with black jack, roulette and poker.

6) **Others.** There are various cinemas in Megeve and Ten Pin Bowling on the road towards Sallanches on your right near the larger Casino supermarket.

Trips Out

1) **Annecy** is beautiful, on a lake, with a castle. About 1hr away.

2) **Chamonix** is worth a trip. You can take the cable car up to the Aiguille du Midi for views over the Vallee Blanche (the longest, highest, ski run in Europe). It is 3,500m at the top and surrounded by glaciers. You can also take a second cabin across the top of the glacier to Italy – a stunning experience. There is a mountain railway from Chamonix

that you can also take to the bottom of the Vallée Blanche run. From here you can walk down to the foot of the glacier and explore the ice caves. There is also a mountain zoo in Chamonix.

- 3) **Evian** is not far and is an old spa town on lake Geneva.