

SAINTS GERVAIS

MONT-BLANC

GUIDE TO SPORTS FACILITIES AND ACTIVITIES



#ÉMOTIONS
#ALPINES

WINTER
2024-2025



SWIMMING POOL

798 avenue de Miage
74170 Saint-Gervais
Tel: +33 (0)4 50 93 42 87
piscine@saintgervais.com



OPENING TIMES



ACCESS



With the exception of the paddling pool, all facilities are equipped with a lift system for disabled access.



POOLS AND WELLNESS AREA

- Indoor: 25 m pool (6 lanes) from 1.40 m to 1.80 m deep / paddling pool with water games / learning pool.
- Wellness area: sauna, steam room, solarium.

All pools are evacuated 20 minutes before closing time and the relaxation area 30 minutes before closing time.

Children under the age of 10 must be accompanied by an adult in a swimming costume.

Swim shorts and boxer shorts are not permitted.

DRINKS & SNACKS

Cold drinks, hot drinks and sweets are available from vending machines in the building.

ADMISSION FEES

Full rate.....	5,20 €
Swimming pool + relaxation area	10,40 €
Reduced rate*	4,20 €
Free admission**	for under 5s and over 75s.
Family admission***	reduced rates for the whole family.
Supplementary fee for wellness area	6,30 €

* Children aged 5 to 14, disabled swimmers, high school students, seniors aged 65+, families and groups of 10+.

** Person accompanying a disabled swimmer.

*** 2 adults and minimum 1 child aged 5 to 14.

SUBSCRIPTION

ANNUAL SUBSCRIPTION

Full rate.....	208 €
Reduced rate.....	167 €
Swimming pool + Wellness area	312 €
Compulsory rechargeable token.....	4 €

12 ENTRIES

Full rate.....	52 €
Reduced rate.....	42 €
Swimming pool + Wellness area	104 €
Family***	Reduced rates for the whole family.
Compulsory rechargeable token.....	4 €

ACTIVITIES

12 SESSIONS: 95 €

Valid for all aqua activities, except aqua seniors.





RESERVATIONS, REQUIRED FOR ALL ACTIVITIES, ARE TO BE MADE AT: LOISIRS.SAINTGERVAIS.COM PLEASE ARRIVE AT LEAST 10 MINUTES BEFORE THE START OF YOUR CHOSEN ACTIVITY.

AQUABIKE

This energetic activity is good for cardio and blood circulation. It strengthens the muscles of the lower body and is non-traumatic for the joints.



Monday: 12.30 pm to 1.15 pm and 6.30 pm to 7.15 pm
Wednesday: 12.30 pm to 1.15 pm
Friday: 12.30 pm to 1.15 pm and 7.15 pm to 8.00 pm
Price: 9.50 € per session
12 sessions: 95 €

AQUA CARDIO SCULPT

Use of fins and weights to strengthen, tone and improve cardio. Good level of swimming required.



Wednesday: 7.15 pm to 8.00 pm
Price: 9.50 € per session
12 sessions: 95 €

SENIORS

50 minute active workshops: aquagym, aqua bike or trampoline. Choose 2 workshops and rotate every 20 minutes. Get moving, improve your balance and work out in a fun and friendly atmosphere.

From age 60+.

Monday: 9.00 am to 10.00 am and 10.00 am to 11.00 am.
Price: Swimming pool entry fee or annual pass.
Free for over 75s.

MONDAY	WEDNESDAY	FRIDAY	SATURDAY
AQUA SENIORS 9.00 am - 10.00 am	-	-	BABY SPLASH 9.00 am - 9.45 am
AQUA SENIORS 10.00 am - 11.00 am	-	-	BABY SPLASH 9.45 am - 10.30 am
AQUABIKE 12.30 pm - 1.15 pm	AQUABIKE 12.30 pm - 1.15 pm	AQUABIKE 12.30 pm - 1.15 pm	-
AQUABIKE 6.30 pm - 7.15 pm	-	-	-
-	AQUA CARDIO SCULPT 7.15 pm - 8.00 pm	AQUABIKE 7.15 pm - 8.00 pm	-

BABY SPLASH

For children aged 6 months to 3 years accompanied by their parent/s and a lifeguard. A fun and gentle approach to water in a pool heated to 32°C.



Saturday: 9.00 am to 9.45 am and 9.45 am to 10.30 am
Price: 10.40 €

SWIMMING LESSONS

Lessons for novice swimmers and those looking to improve their technique and learn different strokes. From age 4 to adults.



Book with the lifeguards.
Call reception on +33 (0)4 50 93 42 87 or contact mns@saintgervais.com

RATES

Private lesson 30 minutes.....30 €
 Five 30-minute private lessons..... 130 €
 Ten 30-minute private lessons 250 €
 30-minute group lesson (2 people)..... 25 €/pers
 Five 30-minute group lessons110 €/pers
 Ten 30-minute group lessons 200 €/pers

SKATING RINK

67 impasse de la Cascade
74170 Saint-Gervais
Tel: +33 (0)4 50 93 50 02
patinoire@saintgervais.com



SAINT-GERVAIS BOASTS AN INDOOR ICE RINK OPEN TO ALL.

To help your children take their first steps on the ice, specific equipment is available on request. The rink also boasts a sledge for skaters with reduced mobility. The ice rink has 1,800 seats and is home to the Mont-Blanc Hockey Club, the Saint-Gervais Sporting Hockey-Club, Ice Dance Club and Curling Club.

ADMISSION FEES

Full rate.....	4,70 €
Reduced rate*.....	3,70 €
Family admission*.....	3,70 €/pers
Group admission, 10 people+.....	3,10 €
Skate hire.....	3,10 €

* Under 14s, over 65s, families, high school students and disabled visitors. Family rate: reduced rate per person, minimum 2 adults + 1 child.

OPENING HOURS



ICE SKATING

Recently renovated olympic- size indoor ice rink. Suitable for every generation, with friends and family!



CURLING

An Olympic ice sport for all age groups, curling demands skill, finesse, concentration, endurance and strategy. A team sport, it encourages friendship and fair play!

Come and discover the curling spirit, from September to late April. Reservations required 48 hours in advance.

Adult introductory session, minimum 6 people:

Over 15s: 20 €

Age 12 to 15: 15 €

Minimum age required: 12 years.

Call Didier Rossi on 00 33 (0)6 74 93 25 08

or book online at: didier.rossi@orange.fr



ICE GARDEN

- Music
- Games and entertainment on ice
- Meet our mascot, Charlotte the Marmot

Suitable for children aged 3 to 12 accompanied by an adult.

CHRISTMAS HOLIDAYS

Tuesday 24th and 31st December 2024, from 10.00 am to 12.00 noon.

HALF-TERM HOLIDAYS

Tuesday 11th, 18th, 25th February and 4th March 2025, from 10.00am to 12.00 noon.

SPRING BREAK

Tuesday 8th, 15th, 22nd and 29th April 2025, from 10.00am to 12.00 noon.

Children can enjoy a fun introduction to the ice under the watchful eye of Charlotte the Marmot.

**Sessions may be cancelled due to events at the ice rink.*

ICE SKATING



Discover the pleasures of skating

The Saint-Gervais Mont-Blanc Skating Club is an ice dance school run by Isabelle Delobel Roux, World Champion in pairs ice dancing in 2008, and Marie-Amélie Mansard, former high-level skater.

The club proposes a full range of courses at all levels: novice and recreational courses for children aged 4 and over plus courses for teenagers and adults looking to learn or improve.

The club also runs competition courses at every level to ensure the continual progression of all its members. A friendly club for a pleasurable skating experience.

More information available at:
saintgervaismontblancpatinage@gmail.com
www.saintgervais-patinage.com

ICE HOCKEY



Mont-Blanc Hockey Club, the result of a merger between two clubs, Saint-Gervais and Megève, welcomes boys and girls from age 5 upwards and adults of all ages, from beginners to passionate veterans.

Ice hockey is taught in a playful manner, under the guidance of state-qualified instructors for whom performance and fun go hand in hand. Every year, the youth and teenage teams competing in regional and national championships, aim to reach the final rounds for the pleasure of succeeding together!

The youngest teams play under the junior Yétis while the teenagers train under the HC74, in alliance with Chamonix and Morzine, to encourage players to reach the highest level of play. In addition to matches, championships and tournaments, Mont-Blanc Hockey Club organises friendly matches open to the general public. A great opportunity to enjoy a fun sporting experience.

More information at: www.montblanchockey.fr
Contact: info@montblanchockey.fr



The ice rink in Saint-Gervais is also home to the Hockey Club Pays du Mont-Blanc, the YETIS, a team that plays in the 1st division of the French Championship League. The club is the result of a merger between two clubs, Saint-Gervais and Megève, since the beginning of the 2002-2003 season.

Extremely committed, the Yetis have been achieving good results for several seasons. Watch them play this coming season, from September to April.

Hockey match schedule available at:
www.saintgervais.com / www.hcmontblanc.com

CLIMBING FACILITIES



LE TOPO

Le Topo, located in Le Fayet, is a climbing venue and bouldering facility for climbers of all abilities and age groups, novice or expert, amateurs and professionals alike. Individual sessions, subscriptions, year-round courses and private lessons. Climbing and yoga option. Bar and snack bar on site.

Adults	18 €
Professionals	16 €
Other mountain professionals, CAF, FFME	17 €
Seniors	17 €
Students and/or under 25s	15 €
Children/youngsters aged 6 to 15	12 €

More information online at: www.letopo.fr

CLIMBING IN SAINT-GERVAIS

Several options are available, including training sessions in the gymnasium in the park in Le Fayet, on the climbing wall under the bridge (depending on the weather) or outside.

SESSIONS FOR CHILDREN

Pre-club package (from age 7)

Annual subscription: 220 €

Club option (from age 9)

Annual subscription: 290 €

Pre-competition option (from age 9)

Annual subscription: 330 €

Competition option (from age 12)

Annual subscription: 380 €

SESSIONS FOR ADULTS

Intensive Climbing

Annual subscription: 300 €

www.aumescalade.com

VIA FERRATA

For safety reasons, the via ferrata is closed during the winter period.

The Via Ferrata is located in preserved natural surroundings between Saint-Gervais and the Thermal Park in Le Fayet. Enjoy this sporty adventure whilst respecting the safety instructions.

- Start in the park: 620 m altitude
- Finish: approximately 750 m altitude

This Via Ferrata is divided into 3 sections:

- **lower section AD+** (Quite difficult +)
- **intermediate section D+** (Difficult +)
- **upper section TD+** (Very Difficult +)

Estimated duration: 3h30

The Compagnie des Guides de Saint Gervais - Les Contamines proposes supervised outings to safely discover this thrilling activity.

OUTDOOR ACTIVITIES



PUMPTRACK

Accessible to all, year-round, the pumptrack in Saint-Gervais boasts a succession of modules to ride or jump depending on your level. The aim is to complete the circuit, over bumps and hollows, without pedalling or pushing but by pumping to generate speed. Whether you're on a skateboard, rollerblades, scooter or bike, the pumptrack - open to beginners and more experienced riders alike - comprises two distinct zones:

- A zone with two loops, one blue and one red, designed for older and more experienced riders.
- A second, easily accessible, green zone for younger, more novice riders.

For snowboarders and skiers, the pumptrack is an ideal summer training ground, in preparation for the winter season.



SKATEPARK

Located on the Plaine des Pratz, just a stone's throw from the ever-popular Pumptrack, this 550 m² area comprises a main concrete 'Bowl' section and a second 'street' section with fun modules.

TENNIS

Enjoy playing tennis on the hard courts in Saint-Gervais, surrounded by magnificent scenery.

BOOK YOUR COURT ONLINE AT: [LOISIRS.SAINTGERVAIS.COM](https://loisirs.saintgervais.com)

SAINT-GERVAIS

2 hard courts at the Sporting Club.

Individual occasional play

Hard court hire: 17 € per hour

Keycard: 2 €

NB: Price/court. No limit to the number of players.

Annual subscription

Adults: 104 €

Children under 15 or family of 4: 36.50 €/pers

Annual subscription for a family of 3

(2 adults + 1 child under 15): 36.50 €/pers.

Keycard: 2 €

NB: 1 reservation/day maximum. The subscriber must declare another subscriber, licence holder or guest in order to make a reservation.

Guests of subscribers or members of the Passy / Saint-Gervais Mont-Blanc tennis club

Hard courts: 8.50 €

Keycard: 2 €

NB: the subscriber or licence holder must declare his/her tennis partner on reservation.

LE FAYET

2 hard courts open year round: free of charge



FOOTBALL PITCH

Come and discover this sand pitch, located on the Plaine des Pratz. The facility complies with the regulatory dimensions for 4-side football.

Fans of the game can enjoy playing here, in a unique alpine setting.

BIKEPARK

The Bike Park in Saint-Gervais comprises a choice of wooden modules and 4 tracks for different levels: green for beginners, blue for intermediates, red for advanced riders and black for experts. An ideal playground for mountain bikers and those in search of new sensations!

Protective equipment

- Wearing a helmet is compulsory.
- We also strongly advise riders to wear goggles, gloves, elbow pads, knee pads and a back protector.



OUTDOOR PLAY AREAS

Saint-Gervais boasts a choice of playgrounds:

- In the Thermal Park in Le Fayet
- In the Jardin Public in Saint-Gervais
- In the centre of Saint-Nicolas-de-Véroce

Swings, slides, climbing frames and other fun modules on site.

CHARLOTTE THE MARMOT AT BETTEX

On foot or on snowshoes, take a walk with your family along the Charlotte the Marmot alpine trail.

Start: Le Bettex alt. 1400m

Finish: Les Communailles alt. 1420m

Duration: 45- 60 minutes walk

Level : Easy

Accessible from the Bettex gondola.

Learn more about your surrounding landscape and the wild animals that live here.

SLIPPING AND SLIDING



RATES

Sledging runs: free of charge
 Fun sliding area: free of charge
 Playgrounds: free of charge
 Snowshoeing trails: free of charge

Saint-Gervais is home to 3 free sledging areas for every age group.

SKI TOURING

Saint-Gervais proposes a choice of signposted ski touring itineraries in the Le Bettex, Les Communailles and Saint-Nicolas de Véroce. Twice a week, on Tuesdays and Fridays, the resort boasts a closed itinerary up a groomed ski slope. Itinerary open from closing time until 9.00 pm. Headlamp required.



SLEDGING

Sledging in Le Bettex

A safe sledging area in Le Bettex is reserved for children aged 2 to 6 and those aged 6+. Area accessible from the gondola station in Le Bettex or the car park in Le Bettex.

Sledging at Plateau de la Croix

For infants aged 2+ and for older children (age 6+), the resort boasts a safe sledging area on the Plateau de la Croix in Saint-Nicolas de Véroce.



SNOWSHOEING

In fine weather or in the snow, discover the charms of the mountains in winter and relax in the hushed atmosphere along the snowshoe trails of Saint-Gervais.

Chemin du Mont d'Arbois

From the summit of the Mont d'Arbois gondola.

- Duration: 2h15
- Difference in altitude: 433 m
- Length: 4.6 km

A downhill route from the top of the ski lift, where you can also get something to eat.

Circuit Le Bettex / Les Communailles

> From Le Bettex

Duration: 1h50
 Difference in altitude: 201 m
 Length: 4.9 km

> From Les Communailles

Duration: 1h50
 Difference in altitude: 176 m
 Length: 4.9 km

Following in the footsteps of Charlotte the Marmot, this side of the slopes, very sunny in the morning, offers beautiful panoramic views of Mont-Joly and the Mont-Blanc range.

Circuit around Plateau de la Croix

- Duration: 2 hours
- Difference in altitude: 408 m
- Length: 5.5 km

This beautiful circuit boasts a variation in altitude, superb panoramic views and ancient farmhouses. Return along the Baroque footpath and a section of the famous Tour du Mont Blanc hiking itinerary.

Circuit in Saint-Nicolas

- Duration: 1 hour
- Difference in altitude: 115 m
- Length: 2.3 km

A pleasant circuit for a gentle introduction to snowshoeing, this easy itinerary takes you across a sunny plateau with magnificent views. Don't forget to visit the church of Saint-Nicolas, a jewel of Baroque art in the Savoy region.

Bionnassay to Bellevue

- Round trip: 2h45
- Difference in altitude: 361 m
- Length: 9.2 km

Bionnassay circuit

- Duration: 1 hour
- Difference in altitude: 120 m
- Length: 2.7 km

Porcherey circuit

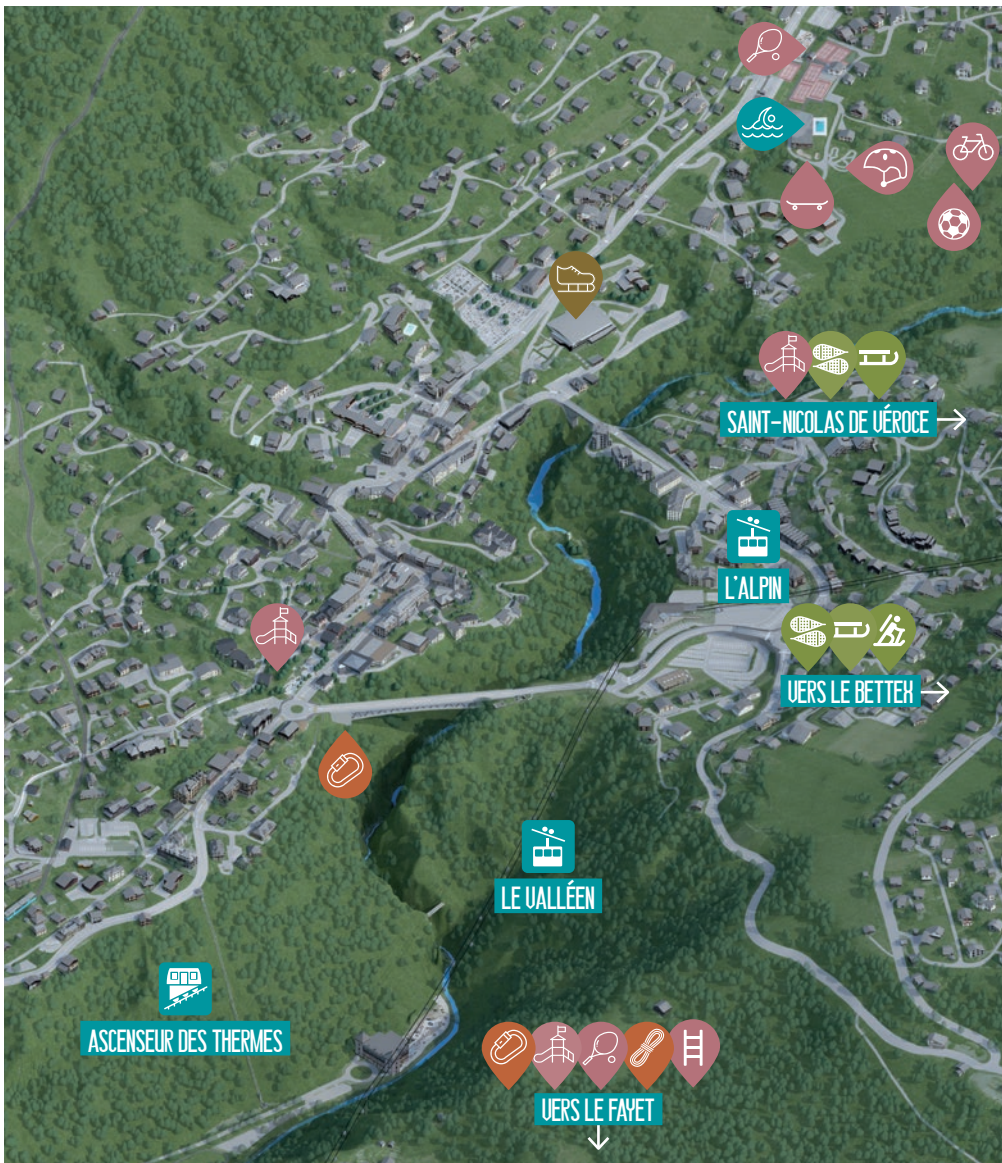
Duration: 2h30
 Difference in altitude: 242 m
 Length: 2.8 km

CHARLOTTE THE MARMOT FUN ZONE

Discover Charlotte the Marmot's picnic area and fun zone opposite Mont-Blanc.

Easily accessible on the Le Bettex- Mont-d'Arbois gondola, this play area on the slopes is an ideal meeting place for families. Plus, young visitors can learn all there is to know about marmots!





- | | | | | | | |
|---|---|---|---|---|---|--|
|  |  |  |  |  |  |  |
| Playgrounds | Bikepark | Tree top adventure | Tennis | Skatepark | Pumptrack | Football pitch |
|  |  |  |  |  |  |  |
| Ice rink | Swimming pool | Via ferrata | Climbing | Sledging | Snowshoeing | Ski touring |

CONTACT DETAILS

SWIMMING POOL



798 avenue de Miage
Saint-Gervais
Tel: + 33 (0)4 50 93 42 87

ICE RINK



67 impasse de la Cascade
Saint-Gervais
Tel: + 33 (0)4 50 93 50 02

CLIMBING HALL



Under the flyover bridge
in Saint-Gervais
Saint-Gervais
Tel: + 33 (0)4 50 47 73 40

LE TOPO CLIMBING CENTRE

76 route du Bois Charmant
Le Fayet
Tel: + 33 (0)7 87 21 27 17

CLIMBING WALL

Parc Thermal
Le Fayet
Tel: + 33 (0)4 50 47 76 08

TREE TOP ADVENTURE



Parc Thermal
Le Fayet
Tel: + 33 (0)6 61 84 39 09

VIA FERRATA



Parc Thermal
Le Fayet
Tel: + 33 (0)4 50 47 76 08

PLAYGROUNDS



. In the park in Le Fayet
. In the Jardin Public in Saint-Gervais
. In the centre of St-Nicolas de Véroce

TENNIS



798 avenue de Miage
Saint-Gervais
Tel: + 33 (0)4 50 93 41 83

SNOWSHOEING



Tourist Information Office
Saint-Gervais
Tel: + 33 (0)4 50 47 76 08

SLEDGING



Tourist Information Office
Saint-Gervais
Tel: + 33 (0)4 50 47 76 08

SKI TOURING



Tourist Information Office
Saint-Gervais
Tel: + 33 (0)4 50 47 76 08

PASS LOISIRS SAINT-GERVAIS



UNLIMITED ACCESS

Swimming pool, ice rink, library, Museum of Sacred Art, Maison Forte de Hautetour and La Cure cultural centre.



	FULL RATE	REDUCED RATE *	FAMILY RATES **
3 day pass*	15 €	12,5 €	-
6 day pass*	31 €	25 €	All members of the family pay the reduced rate.

* Children aged 5 to 14, disabled persons, over-65s and large families
 ** 2 adults and at least 1 paying child



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PLEASE NOTE

The information and prices in this brochure are given as an indication and may be subject to modification. The Tourist Office cannot be held responsible for any such changes.



LEISURE PASS ON SALE AT
THE TOURIST INFORMATION
OFFICE IN SAINT-GERVAIS

43 rue du Mont-Blanc
74170 Saint-Gervais
+33 (0)4 50 47 76 08
tourisme@saintgervais.com

WWW.SAINTGERVAIS.COM

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