

SAINTS GERVAIS

MONT-BLANC

GUIDE TO SPORTS FACILITIES AND ACTIVITIES



#ALPINE
EMOTIONS

SUMMER
2023



POOL

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



THE POOLS AND WELLNESS CENTRE

- **Indoor:** 25 m pool (6 lanes) from 1.40 m to 1.80 m deep/kiddie pool with water jets/beginners' pool
- **Outdoor:** 17 m pool with a 1 m to 1.10 m deep beginners' area (3 m high slide) and a 1 m to 1.80 deep swimming area/grass
- **Wellness centre:** sauna, steam room, solarium

RATES

| | |
|--|-----------------------------------|
| Normal entry | €5.20 |
| Pool + wellness centre | €10.40 |
| Reduced entry* | €4.20 |
| Free** | under 5 and over 75 |
| Tribe*** | The whole family at a reduced fee |
| Wellness centre entry supplement | €6.30 |

* Children between 5 and 14 years old, persons with reduced mobility, high school students, seniors 65 and older, families with more than three children, groups of 10 or more.

** People accompanying persons with reduced mobility.

*** 2 adults and at least one child between 5 and 14 years old.

**** Non-personal subscriptions valid for one year from the purchase date

PASS

ANNUAL PASSES

| | |
|---------------------------------|------|
| Normal entry | €208 |
| Reduced entry | €167 |
| Pool + wellness centre | €312 |
| Mandatory reloadable pass | €4 |

12-ENTRY PASS

| | |
|----------------------------|------|
| Normal entry | €52 |
| Reduced entry | €42 |
| Pool + wellness area | €104 |
| 12 session pass**** | €95 |

(all water-based activities except Aqua Seniors)

| | |
|---------------------------------|-----------------------------------|
| Tribe*** | The whole family at a reduced fee |
| Mandatory reloadable pass | €4 |

Evacuation of pools 20 minutes before closing time and the relaxation area 30 minutes before closing time. Regular shorts and swimming trunks are prohibited.

OPEN



ACCESS



All of the facilities have PRM lift systems that allow access for people with reduced mobility—with the exception of the wading pool.

ACTIVITIES

Book your activity at: loisirs.saintgervais.com
Arrive no later than 10 minutes before the start of the activity.



AQUACYCLING

€9.50/session

Dynamic activity, developing cardio and core strength with a focus on the lower body. Zero joint trauma and improves blood circulation.

Monday: 12:30 to 1:15 PM and 6:30 to 7:15 PM

Wednesday: 12:30 to 1:15 PM

Friday: 7:15 to 8:00 PM

Price: €9.50 per session or 12 sessions for €95



AQUA CARDIO SCULPT

€9.50/session

Session with swim fins and weights requiring a good level of swimming. Core strength and cardio

Wednesday: 7:15 to 8:00 PM

Price: €9.50 per session or 12 sessions for €95

AQUAGYM

€9.50/session

To reinforce strength. Classes focus on toning and shaping your body. This is a moderate-level water activity for everyone and can be done with or without accessories.

Friday: 1:30 to 2:15 PM

Price: €9.50 per session or 12 sessions for €95

WELL-BEING CENTRE

To relax:

- Saunas
- Steam room
- Solarium
- Water fountain available



SWIMMING

Beginners to advanced for children and adults. Private lessons starting at age 4. To become familiar with the water and be self-sufficient. You already know how to swim but would like to perfect your techniques and learn different strokes. Please reserve directly with our lifeguards.

Private lesson, per session: €25/30 min

5 private-lesson package: €110/30 min

Group lesson for 2 to 4 person(s): €20/pers. /30 min

5-lesson package: €80/pers.

Reservations can be made with the lifeguards during pool opening hours. Call +33 (0)4 50 90 52 45 - +33 (0)4 50 93 42 87

SENIORS

Workshops: aquagym, aquabike, or trampoline for 50 minutes
2 workshops to choose from, rotating every 20 minutes. Get your body moving, work on your balance, exercise in a friendly atmosphere.

From age 60 and up

Activities resume on 11 September

ICE RINK

67 impasse de la Cascade

74170 Saint-Gervais

Tel.: +33 (0)4 50 93 50 02

patinoire@saintgervais.com



Saint-Gervais has a covered ice skating rink that is open to the public. The rink has equipment and Skating aids for kids that you can use to help them get used to the movements on ice. The rink also has a Sledge for people with reduced mobility. It can hold up to 1,800 spectators and is the training centre for the Mont-Blanc Hockey Club, the Saint-Gervais Sporting Hockey Club, ice dancing, and curling.

WATER BABIES

For children from 6 months to 3 years old. The sessions are a great way to spend time with your kids. Our lifeguards will welcome you and guide you on how to introduce your child to the water using supports and toys in a 32°C pool.

Saturday: 9 to 9:45 AM and 9:45 to 10:30 AM

Price: €10.40

OPENING TIMES



RATES

| | |
|------------------------------------|--------------|
| Normal entry | €4.70 |
| Reduced entry* | €3.70 |
| Tribe entrance* | €3.70 |
| Group of more than 10 people | €3.10/person |
| Skate rental | €3.10 |

* under 14, over 65, large families, students under 18 and people with reduced mobility. TRIBE advantage: Minimum of 2 adults + 1 child, the whole family gets a reduced rate

ACTIVITIES



ICE SKATING

A renovated, indoor rink for all ages. Come with friends or family. An Olympic-sized rink that guarantees a warm reception to all ages!



ICE DANCING

The pleasure of sliding..

Saint-Gervais Mont-Blanc Skating is an ice dance club directed by Isabelle Delobel Roux, world champion in pairs in 2008, and assisted by coaches at international levels.

Our club offers a very complete range of courses at all levels: Leisure and initiation for children from four, but also teenagers and adults who wish to learn or improve their skating.

Competitive courses are also offered to lead skaters to high levels. Fun and pleasure are the key words that guide our club and sports policy. We look forward to seeing you there.

saintgervaismontblancpatinage@gmail.com

www.saintgervais-patinage.com

ICE HOCKEY

Saint-Gervais hockey club is for passionate hockey players of all ages! The Sporting Hockey Club welcomes kids, both girls AND boys from ages 5 and up as well as adults of all ages (including the woman's team the "Pink Ladies", mixed team "Les Givrés", and the still passionate Veterans team).

Hockey lessons take place on the ice with an emphasis on fun, and are supervised by nationally qualified coaches.

From ages 13 and up (U15), the hockey players develop their skills in the HC74 network (Sporting Hockey Club St Gervais, Megève Hockey Club, Chamonix Hockey Club, Hockey Club Morzine Avoriaz) to allow everyone to play to their level and ambitions.

The youth and teen teams involved in the regional and national championships aim to get to the semi finals together every year!

Further information: www.hockey-stgervais.fr

Follow us: @StGervais.hockeyclub

Contact us: info@hockey-stgervais.fr



The Saint-Gervais ice rink is also home to the Hockey Club Pays du Mont-Blanc, "les YÉTIS", a team competing in the French Division 1 Championship.

The club has brought together Saint-Gervais and Megève since the 2002-2003 sports season. Les Yetis are a highly dedicated team and have been seeing good results for several seasons. You'll have the opportunity to see them play in their next season, starting in September 2023! Come and support this fine team throughout their sporting season (September 2023 to April 2024).

Hockey match schedule:

www.saintgervais.com

www.hcmontblanc.com

CURLING

Curling, an Olympic sport forever and for all! Curling is a winter sport combining a large range of skills: dexterity, finesse, concentration, endurance, and strategy are just a few. This is a team sport played in the name of conviviality and fair play. Come discover the Curling Spirit!

Contact: Chana Beitone +33 (0)6 47 91 34 08

Reservations required: beitonechana@gmail.com



KIDS' RINK

- Games and activities on ice
- Join our mascot, Charlotte the Marmot

For kids between 3 to 12 years old accompanied by an adult.

FROM 11 TO 25 JULY

Tuesdays from 5 to 7 PM*

FROM 01 TO 29 AUGUST

Tuesdays from 3 to 5 PM*

Your kids will discover the joys of skating under the watchful eye of Charlotte the Marmot.

** Opening hours may be modified if there are events at the rink*

Normal entry €4.70

Reduced entry** €3.70

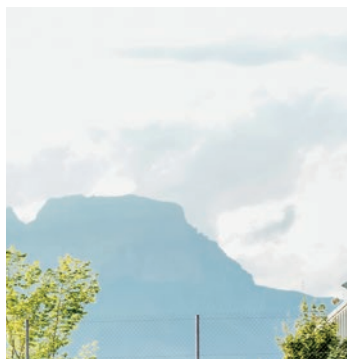
Skate rental €3.10

**** under 14, 65 and older, family with more than 3 children**
TRIBE advantage: Minimum of 2 adults + 1 child (5 to 14 years old), the whole family gets a reduced rate.



SPORTING CLUB

798 avenue de Miage
74170 Saint-Gervais
Tel.: +33 (0)4 50 93 41 83
tennis@saintgervais.com



The "Sporting Club" athletic centre offers a wide range of activities to do alone or with friends or family: pool, tennis, mini golf and more.

SAINT-GERVAIS MINI GOLF

Reserve your game at: loisirs.saintgervais.com

Golf clubs must be picked up and returned to the Club House restaurant

| | |
|---------------------|-------|
| Adult | €3.70 |
| Child 5 to 14 | €2.60 |
| Tribe entry* | €2.60 |
| Under 5 | free |
| Over 75 | free |

* TRIBE rate: minimum of 2 adults + 1 child:
The whole family at a reduced fee

FROM 5 JUNE TO 17 SEPTEMBER

Every day from 10 AM to 9 PM

Closed in case of rain

LE BETTEX MINI GOLF

At the entry of the forest path - Le Bettex

FROM 23 JUNE TO 3 SEPTEMBER

The equipment must be picked up during opening hours at the Claude Penz shop in the gondola station.



TENNIS

Reserve your classes at: loisirs.saintgervais.com

SAINT-GERVAIS

Clay courts open

FROM 29 MAY TO 1 OCTOBER

6 outdoor courts: 4 clay courts (🟢) and 2 hard courts (🔴 2 pervious concrete) at the Sporting Club. Racquet rental is available at the Club House restaurant.

PERVIOUS CONCRETE CLAY COURT SEASON PASS

| | |
|-------------------------------------|--------------|
| Adult | €104 |
| Children under 15 | |
| or 4-person family | €36.50/pers. |
| 3-person family season | |
| (2 adults + 1 child under 15) | €36.50/pers. |
| Keycard | €2 |

PLEASE NOTE: Maximum 1 reservation/day The pass holder must list another pass holder or licence holder or guest to reserve.

GUESTS OF THE PASSY SAINT-GERVAIS MONT-BLANC TENNIS CLUB PASS OR LICENCE HOLDERS

| | |
|-------------------------|--------|
| Pervious concrete | €8.50 |
| Clay | €11.50 |
| Keycard | €2 |

PLEASE NOTE: The pass or licence holder needs to declare a partner on the app

OCCAISONAL USE

| | |
|-------------------------|------|
| Pervious concrete | € 17 |
| Clay | €23 |
| Keycard | €2 |

*PLEASE NOTE: Rate/court.
Unlimited number of players*

LE FAYET (FREE)

ALL YEAR ROUND

2 hard courts (2 pervious concrete)

LE BETTEX (FREE)

FROM 24 JUNE TO OCTOBER

2 hard courts (2 pervious concrete)

Tennis classes with Jean-Louis Fabbro

Individual or group lessons, baby or mini tennis classes, for beginners to advanced.

Information and registration

Jean-Lou Fabbro: +33 (0)6 81 99 11 27
jeanlou.fabbro@gmail.com



EXTERIOR ACTIVITIES



PUMP TRACK

A pump track is a free-access circuit open all year round made up of a series of features to roll or jump with a variety of wheels and according to your experience. The goal is to move through the circuit by using the cavities and bumps while pumping to generate speed without peddling or pushing. Whether on a skateboard, roller blades, scooter, or bike, the pump track is open to beginners and experienced riders alike as there are two distinct zones for each level:

- One zone with a track comprised of two loops, one intermediate blue and the other advanced red. This zone is for older and experienced riders.
- A second zone with a beginner green track is designed for young kids and beginners and is very easy and great for learning the moves.

For snowboarders and skiers, it's the ideal place to train during the summer before the winter season.



SKATE PARK

Located in the Pratz plain, just a few steps from the Pumptrack which is already very popular, this 550m² space is made up of a main concrete "Bowl" section and a second "street" section with play modules.



FOOTBALL PITCH

Come and discover our new football pitch located in the Pratz plain and stabilised with sand from Salève Mountain. It is compliant with regulatory dimensions of 4v4 football, imposed by the French football federation. Lovers of the game can practice their passion in a unique setting with the mountains overlooking.

PLAYGROUNDS

In Saint-Gervais, kids can take a break at the playgrounds available in:

- Le Fayet in the Thermal Park
- Saint-Gervais, in the public garden
- In the centre of Saint-Nicolas-de-Véroce

Slides, tramway, swings, gondolas, and skier spring riders: everything to make them scream with joy!



BIKE PARK

The new Bike park in St-Gervais is made up of wooden modules and four different track levels—green for beginners, blue for intermediates, red for advanced, and black for experts. Ideal playground for mountain bike enthusiasts or simply for curious youngsters looking for new sensations!

Rider protection

- Helmets are required
- Masks, gloves, elbow and knee pads, and a back protector are highly recommended



CHARLOTTE THE MARMOT AT "LE BETTEX"

By foot, take your family on a walk following Charlotte the Marmot's trail.

Starting point: Le Bettex; alt: 1,400 m

End point: Les Communailles; alt: 1,420 m

Duration: 45/60 minutes

Level: Easy

Accessible from the Bettex gondola lift

Learn about the surrounding landscape and the mountains surrounding the Mont-Blanc region.

TRAILS ACTIVITIES



Nothing is better than beautiful weather in the summer mountains. Take advantage of the 180 km of marked trails and climb aboard the Tramway du Mont-Blanc rack and pinion railway line (the highest in France).

SAINT-NICOLAS FITNESS PATH

The path begins at the Chemin des Bouquetins, across from the football field. A fitness trail running right under the village of Saint-Nicolas de Véroce offering various stations to work your body from head to toe and a great view of the Dômes de Miage!



THE SUMMER APP

The free Saint-Gervais app provides all you need to know about the length and difficulty of hiking trails, as well as any useful info on getting the best out of your stay.



HIKING TRAILS

Crossing through the alpine pastures while trekking from the banks of the valley lakes to the highest peaks... This summer, more than 180 km marked trails are available for you to discover this absolutely divine countryside on foot. Saint-Gervais offers the most extraordinary panoramas around. View the changing faces of The Mont Blanc from the village of Saint Nicolas de Véroce or the paths in Bettex.

Close up look at the hiking trails

On a family walk or a vigorous trek on the mountain trails, everyone walks at their own pace, following their own desires... Cultural and historical family hikes or athletic trekking.

The Tourist Office sells hiking maps and descriptions for all levels, from family strolls to day hikes.

ORIENTEERING COURSES

For your little family: There are six free orienteering courses for families! Riddles to solve, clues to find, questions to answer, and more. Each marker is placed next to a remarkable feature of the village or a natural treasure. The ideal activity for developing children's sense of direction, learning more about Saint-Gervais heritage and having fun in the great outdoors!

Information and leaflet available from the Saint-Gervais Mont-Blanc tourist office



A hiking map is available for free on request from the Saint-Gervais Tourist Office. Discover our 11 itinerary ideas, from panoramic strolls to routes for experienced hikers. There's something for everyone!

More information at: www.saintgervais.com

CYCLING ACTIVITIES



LA WIZZ

This mountain bike course is not an extreme slope for the most experienced bikers but rather a pleasant descent between the forest and the alpine plains to discover this sport while enjoying the views.



ROAD CYCLING

Saint-Gervais to Bettex has been declared a legendary ascent!

After the Critérium du Dauphiné and Tour de France passed through, the Haute-Savoie officials decided to list the road to Bettex as one of its legendary ascents. The ride up to Le Bettex combines gorgeous scenery and technical difficulties and will be fitted with kilometre markers for mountain-road cycling between Le Fayet (starting point in front of the SNCF train station) and Le Bettex.



MOUNTAIN BIKING

This summer, discover our Enduro and e-bike itineraries. All of our paths have been remodelled to be more accessible and smoother. Special circuits have been established for e-bikes to discover Saint-Gervais and its four main centres: Le Fayet, Saint-Gervais, Saint-Nicolas, and Le Bettex. Choose your departure and arrival points according to your level of skill or ambition.



UP HIGH



VIA FERRATA

The via ferrata in the thermal park is maintained by the city of Saint-Gervais. It takes you through a preserved and secluded space, leaving from Saint-Gervais village or from the Le Fayet thermal park. Have fun when taking part in this sport, but please follow the safety instructions.

Altitude when leaving from thermal baths: 620 m
Final altitude: approximately 750 m

This via ferrata has 3 sections:

- **lower section** AD+ (Pretty difficult +)
- **middle section** D+ (Difficult +) sustained
- **upper section** TD+ (Very difficult +)

Total approximate time: 3.5h

La Compagnie des guides de Saint-Gervais - Les Contamines offers supervised outings to discover this activity safely.

ROCK CLIMBING – LE FAYET

A natural climbing wall in the heart of the Thermal Park in Le Fayet. A well-equipped cliff to learn the basics. Ideal for kids. Large, flat grounds; grass.

Open to all



MONT-BLANC ADVENTURE PARK

Six courses with different levels for all ages: From budding to well-seasoned adventurers.

| | |
|--------------------------------------|-----|
| Kids' course from 3 to 6 years | €10 |
| Long course (approx. 2 hours) | |
| Child 7 to 14 | €17 |
| 15 and older | €23 |

Mont-Blanc Adventure Park

Parc Thermal, Allée de l'Escalade,
74170 LE FAYET
+33 (0)6 61 84 39 09
+33 (0)4 50 47 76 55
info@montblancparcaventure.com
www.montblancparcaventure.com

Booking recommended..

Opening hours:

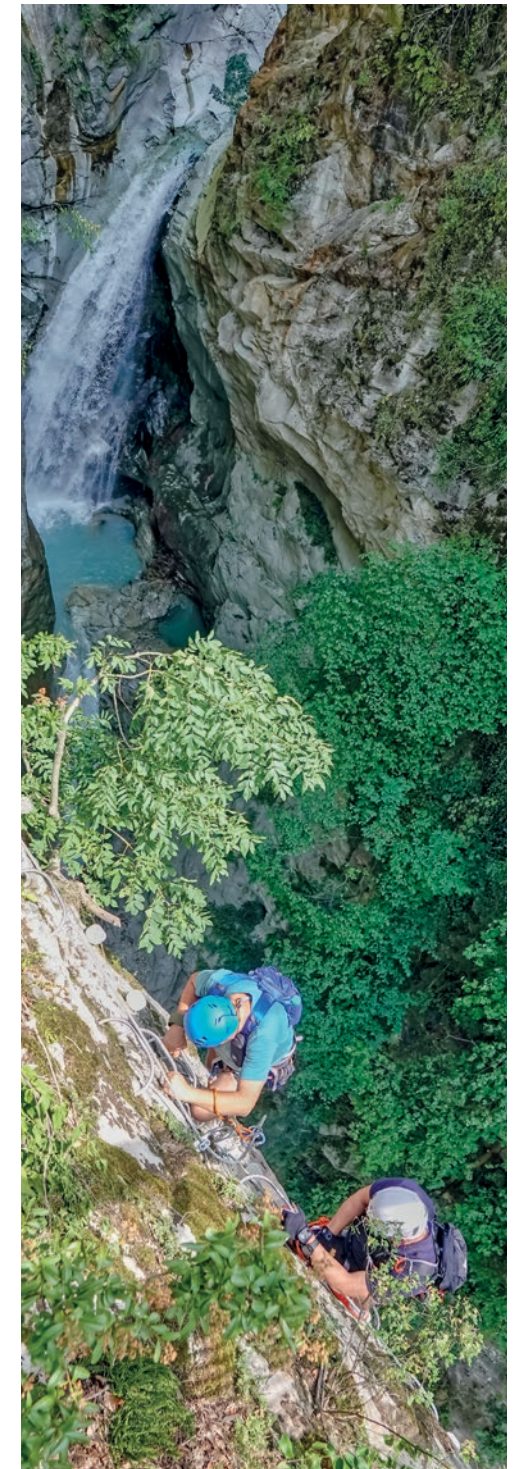
May 26 to June 24 open Saturdays,
1:30 to 6 PM

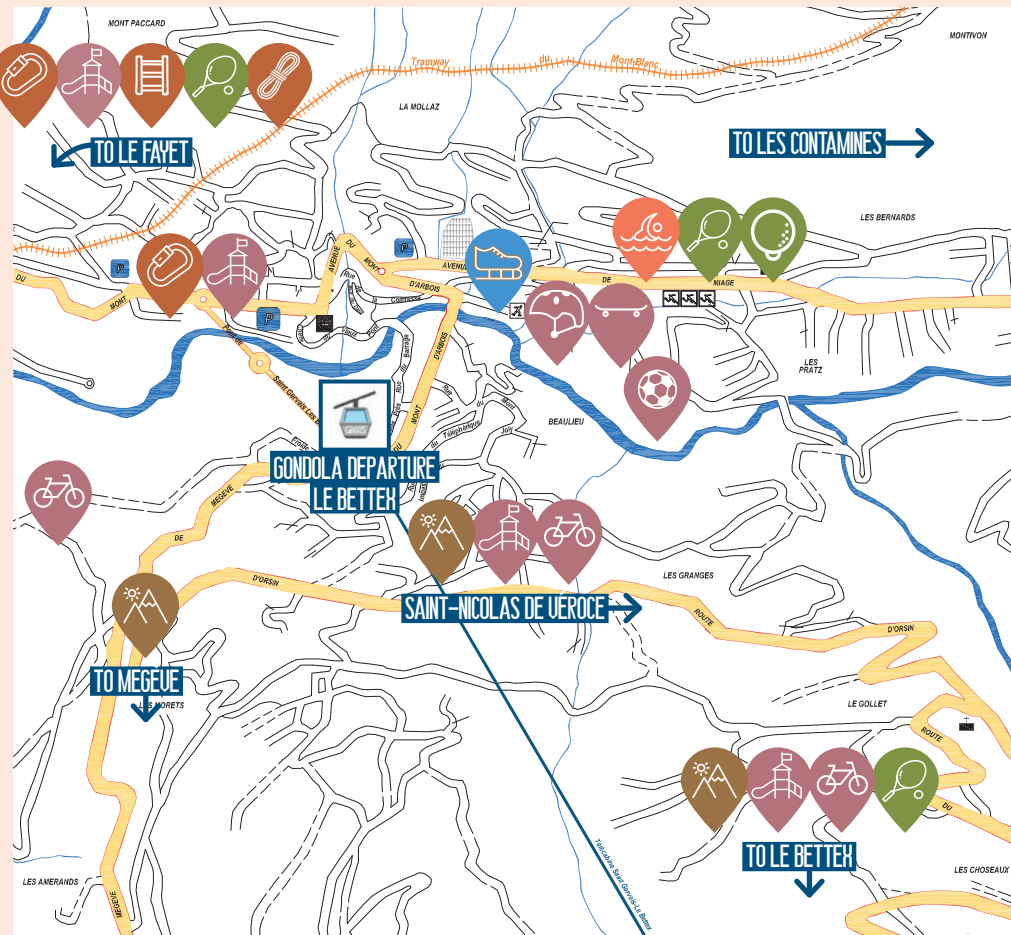
From Saturday, 1 July to Sunday, September 3,
open daily.

Open

10 AM to 6 PM (5 PM last departure)

The park can close in the event of bad weather! If in doubt, do not hesitate to call.





Playgrounds



Bikepark



Pump track



Skate park



Football pitch



Uia ferrata



Climbing



Adventure park



Skating rink



Pool



Hiking



Mini Golf



Tennis

CONTACT

ACTIVITIES IN SAINT-GERVAIS

POOL



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

SKATING RINK



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

CLIMBING WALL



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

ADVENTURE PARK



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

UIA FERRATA



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

TENNIS



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

PLAYGROUNDS



- Le Fayet in the Thermal Park,
- Saint-Gervais in the public garden
- In the centre of Saint-Nicolas-de-Véroce.
- Bettex at the top station of the gondola

LEISURE PASS SAINT-GERVAIS



**SAINTS
GERVAIS**
MONT-BLANC

UNLIMITED ACCESS

Ski lifts, Evasion ski area, Swimming pool, Mini-golf, Skating rink,
Library, Museum of Sacred Art, Maison Forte de Hautetour, La Cure.



IN ADDITION TO LEISURE PASS ADVANTAGES, TAKE
ADVANTAGE OF DISCOUNTS AT OUR PARTNERS BY
SCANNING THIS CODE.



Be aware, the information and prices indicated in this brochure are given as examples and may be susceptible to change. The Tourist Information Centre will not be held responsible for any changes.



WWW.SAINTGERVAIS.COM

**ACTIVITY PASS ON SALE
IN THE SAINT-GERVAIS
TOURIST INFORMATION CENTRE**

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74170 Saint-Gervais
+33 (0)4 50 47 76 08
tourisme@saintgervais.com

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