

# SAINTS GERVAIS

MONT-BLANC

## GUIDE TO SPORTS FACILITIES AND ACTIVITIES



#ALPINE  
#EMOTIONS

2021  
2022



# SWIMMING POOL



798 avenue de Miage  
74170 SAINT-GERVAIS  
Tel.: 04 50 93 42 87  
piscine@saintgervais.com



## OPEN

### FROM 15/11/2021 TO 19/12/2021.

Monday and Friday: 11:30 AM to 1:30 PM / 4:30 PM to 7:30 PM  
Tuesday: 4:30 PM to 9:30 PM  
Wednesday: 11:30 AM to 7:30 PM  
Thursday: 4:30 PM to 7:30 PM  
Saturday and Sunday: 2 PM to 7:30 PM

### CHRISTMAS HOLIDAYS FROM 20/12/2021 TO 02/01/2022

Monday, Wednesday, Thursday, Friday: 12 PM to 7:30 PM  
Tuesday: 2 PM to 9:30 PM  
Saturday and Sunday: 2 PM to 7:30 PM

### WINTER HOLIDAYS

### FROM 05/02/2022 TO 06/03/2022.

### SPRING HOLIDAYS

### FROM 09/04/2022 TO 08/05/2022.

Monday, Wednesday, Thursday, Friday: 12 PM to 7:30 PM  
Tuesday: 2 PM to 9:30 PM  
Saturday and Sunday: 2 PM to 7:30 PM

### FROM 03/01/2022 TO 06/03/2022.

### FROM 07/03/2022 TO 08/04/2022.

### FROM 16/05/2022 TO 29/05/2022.

Monday, Friday: 11:30 AM to 1:30 PM and 4:30 PM to 7:30 PM  
Tuesday: 4:30 PM to 9:30  
Wednesday: 11:30 AM to 7:30 PM  
Thursday: 4:30 PM to 7:30 PM  
Saturday, Sunday and holidays: 2 PM to 7:30 PM

### CLOSED EXCEPTIONALLY FOR DRAINING AND CLEANING

From 9 to 15 May 2022

### CLOSED DURING COMPETITIONS

- Saturday 5 February 2022 (swim meet)
- Sunday 23 January 2022
- Sunday 13 March 2022

\* 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. Must show MNS, BEESAN, BPJEPS - AAN, BNSSA cards.

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

## ACCESS



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



## THE SWIMMING POOL

- 25 m pool (six lanes)  
From 1.40 m to 1.80 m deep
- Paddling pool with pool games
- Learner pool

Pools close 20 minutes prior to official closing time, the wellness space closes 30 minutes prior. **Regular shorts and swimming trunks are prohibited.**

## FEES

Normal entry	€5
Pool + wellness area	€10
Reduced entry*	€4
Free**	for under 5s and over 75s
Family***	The whole family at a reduced fee
Wellness centre entry supplement	€6

## PASS

### ANNUAL PASSES

Normal entry	€200
Reduced entry	€160
Pool + wellness centre	€300
Mandatory reloadable pass	€3

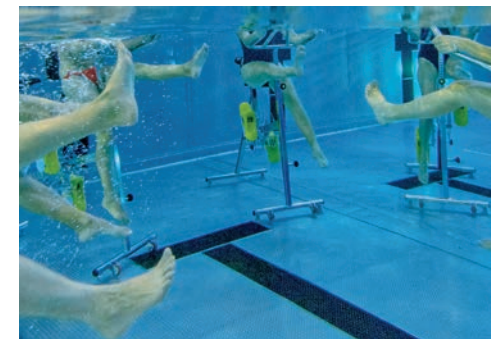
### 12-ENTRY PASS

Normal entry	€50
Reduced entry	€40
Pool + wellness area	€100
Family***	The whole family at a reduced fee
Mandatory reloadable pass	€3

## ACTIVITIES

**New SUBSCRIPTIONS TO 12 SESSIONS €90**  
(All aqua activities, except senior aqua)  
Subscriptions valid for one year from the purchase date

AQUABIKE ..... €9/session



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

### AQUABIKE

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: 7:15 PM to 8 PM

## WELLNESS CENTRE

- To relax:
- Saunas
  - Steam room
  - Solarium



## AQUA SENIORS



Workshops: aquagym; aquabike, or trampoline for 45 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 62 and up*

*Monday: 10 AM to 10:45 AM and 10:45 AM to 11:30 AM*

62 to 65 years old ..... €5  
65 to -75 years old ..... €4  
From 75 years old ..... free

## AQUA TRAINING ..... €9/session



Circuit training in the water is ideal to get a full workout (paddle, trampoline, bike, treadmill) in a single session. This activity is only for people who are comfortable in the water and in good physical condition. General muscular strengthening and cardio development.

*Thursday: 7:15 PM to 8 PM*

## WATER BABIES ..... €10/session

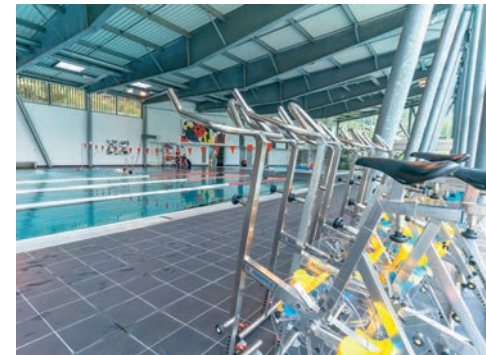


For children from 6 months to 3 years old. Infant swimming sessions are a great way to spend time with your kids. Our lifeguards will welcome you and guide you on how to introduce your child to the water using supports and toys in a 32°C pool.

*Saturday:  
From 9 AM to 9:45 AM and from 9:45 AM to 10:30 AM  
Price: €10*

**Reservations required at the Saint-Gervais pool.**

## New RENTAL



Discover and use the aquabikes, treadmills, and trampolines as well as the aquaform equipment for a tailor-made sports session.

*From 15 years old  
Tuesday from 7:15 PM to 9:15 PM: 3 x 45 minute slots at 7 PM, 7:45 PM, 8:30 PM.*

Price: €9 per session or 12 sessions for €90

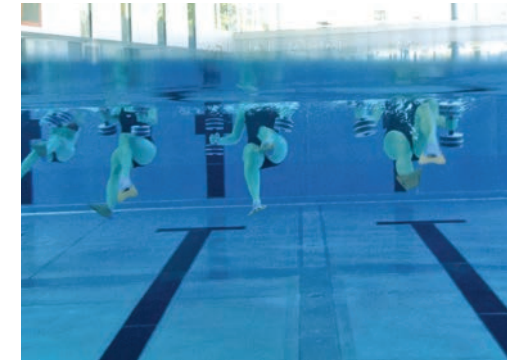
## New WATER GARDEN ..... €10/session



For children 4 to 6 years old with adult. A play track placed in the big pool, to encourage children to learn independence through play, under the guidance of our lifeguards.

*Saturday:  
9 AM to 9:45 AM: 4 to 6 years old  
9:45 AM to 10:30 AM: 4 to 6 years old  
Price: €10*

## AQUA CARDIO SCULPT ..... €9/session



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

*Wednesday from 7:15 PM to 8 PM*

## SWIMMING



Beginners to advanced for children and adults. Private lessons starting at 4 years old. To become familiar with the water and be self-sufficient. You know how to swim but you want to improve or learn different strokes.

**Book with the lifeguards**  
**Tel. +33 (0)4 50 90 52 45 (MNS)**  
**or +33 (0)4 50 93 42 87 (ticket office)**

Private lesson 30 min. .... €25  
5 x 30 min private lessons ..... €110  
10 x 30 min private lessons ..... €200  
Group lesson 2 pers./min 30 min. .... €20/pers.  
5 x 30 min group lessons ..... €80/pers.  
10 x 30 min group lessons ..... €140/pers.

# ICE RINK

67 impasse de la Cascade  
74170 SAINT-GERVAIS  
Tel.: 04 50 93 50 02  
patinoire@saintgervais.com



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

## OPEN

### ICE RINK CLOSED TO THE PUBLIC

From 8 November to 19 December 2021  
Hours can change because of events

### FROM 19/12/2021 TO 02/01/2022

Monday, Wednesday, Friday, Sunday:  
2 PM to 6 PM/9 PM to 11 PM  
Tuesday and Thursday from 10 AM to 12 PM  
and 2 PM to 6 PM  
Saturday from 2 PM to 6 PM

### FROM 04/01 TO 05/02

### AND FROM 08/03 TO 09/04/2022

Tuesday and Saturday from 4 PM to 6 PM  
and 9 PM to 11 PM  
Wednesday, Thursday and Sunday from 4 PM to 6 PM

### FROM 06/02 TO 13/02 AND FROM 28/02 TO 06/03/2022

### FROM 10/04 TO 17/04 AND FROM 02/05 TO 08/05/2022

Monday, Wednesday, Friday, Sunday:  
2 PM to 6 PM/9 PM to 11 PM  
Tuesday from 10 AM to 12 PM and 2 PM to 6 PM  
Thursday and Saturday from 2 PM to 6 PM

### FROM 14/02 TO 27/02 AND FROM 18/04 TO 24/04/2022

Monday, Wednesday, Friday, Sunday:  
2 PM to 6 PM/9 PM to 11 PM  
Tuesday, Thursday, Saturday from 10 AM to 12 PM  
and 2 PM to 6 PM

## FEES

Full price .....	€4.50
Reduced price* .....	€3.50
Family price* .....	€3.50
Group of more than 10 people .....	€3/person
Skate rental .....	€3

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

## ACTIVITIES

### ICE SKATING



A newly renovated, indoor ice rink for young and old, with friends and family!  
An ice rink that offers the possibility of skating on an Olympic-sized track carrying the Family Plus Label, which guarantees an unforgettable experience for young and old alike!



## KIDS' RINK

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

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

### CHRISTMAS HOLIDAYS

Tuesday 21 December and Tuesday  
28 December 2021 from 10 AM to 12 PM

### WINTER HOLIDAYS

Tuesdays 8, 15, 22 February and 1 March  
2022 from 10 AM to 12 PM

### SPRING HOLIDAYS

Tuesdays 12, 19, and 26 April and 3 May  
2022 from 10 AM to 12 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



## ICE DANCING



Saint-Gervais and its ice dancing club. Ice dancing is great for working on:

- Endurance
- Balance
- Coordination
- Grace
- Musical rhythm

Contact:

[saintgervaismontblanccpatinage@gmail.com](mailto:saintgervaismontblanccpatinage@gmail.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](http://www.hockey-stgervais.fr)

Follow us: [f @StGervais.hockeyclub](https://www.facebook.com/StGervais.hockeyclub)

Contact: [info@hockey-stgervais.fr](mailto:info@hockey-stgervais.fr)

The rink hosts the Yetis from the Mont-Blanc Hockey Club, the players from Saint-Gervais and Megève are now moving up a division into D1. The club has been exclusively partnered with the Megève club since 2002-2003 as the Mont-Blanc Hockey Club association.

Hockey match schedule:

[www.saintgervais.com](http://www.saintgervais.com)

[www.hcmontblanc.com](http://www.hcmontblanc.com)

## CURLING



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

Come discover the Curling Spirit!

Contact **Didier Rossi**:

Cell phone: +33 (0) 6 74 93 25 08

Reservations required:

[didier.rossi73@orange.fr](mailto:didier.rossi73@orange.fr)

# TO THE TOP



## CLIMBING IN SAINT-GERVAIS

Several options are available, with training in the Parc Thermal gym, on the bridge wall weather permitting, or outside depending on the package.

### YOUTH SESSIONS

**Pre-club package (from age 7 up)**

Annual fee: €200

**Club package (from age 9 up)**

Annual fee: €270

**Family package (from age 9 up)**

Annual fee: €300

**Competition package (from age 12 up)**

Annual fee: €350

### ADULT SESSIONS

**Adult leisure package**

Annual fee: €250

**Adult intensive package**

Annual fee: €300

**Adult open package**

Annual fee: €180

[www.aumescalade.com/rejoindre-le-club](http://www.aumescalade.com/rejoindre-le-club)



## UIA FERRATA

The via ferrata in the thermal park is provided by the town 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 2 sections:

- INTERMEDIATE PART D+ (Difficult)
- HIGH PART TD+ (Truly Difficult +)

**Total approximate time: 2.5h**

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

# OUTDOOR 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.*



## New SKATEPARK

Located in the Pratz plain, just a few steps from the Pumptrack which is already very popular, this 550m<sup>2</sup> space is made up of a main concrete "Bowl" section and a second "street" section with play modules.

## TENNIS

### SAINT-GERVAIS

Two hard courts (Two pervious concrete) at the Sporting Club: Free

### LE FAYET

2 hard courts (2 pervious concrete) all year round: Free



## New 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.



## CHARLOTTE THE MARMOT AT "BETTEX"

Whether by foot or in snowshoes, follow the trail of Charlotte the Marmot.

**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.

## New BIKEPARK

The new Bike park in Saint-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.



## 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!

# SLIPPING AND SLIDING



## FEES

Sledging .....	free
Ski ground .....	free
Playground .....	free
Snowshoes .....	free

Three free sledging areas for young kids and older children.

## SKI TOURING

Starting this winter on Tuesdays and Fridays, Saint-Gervais has set up signposted ski trails in the Bettex, Communailles, and Saint Nicolas de Véroce sectors as well as a groomed route on a closed-off slope, starting from piste closing time to 9 PM.



## SLEDGING

### "Le Bettex" sledging slopes

So they can enjoy their first sledging experience safely, two sledging runs are available: one for kids aged between 2 and 6 and another for 6 and up.

This area is easily accessible from the Bettex gondola lift station or from the Bettex car park.

### "Plateau de la Croix" sledging slopes

For children aged 2 and up and for older kids (6+), the Saint-Gervais resort lets them discover the joys of sledging in completely safe space which is dedicated to them at Saint-Nicolas de Véroce - Plateau de la Croix.



## SNOWSHOEING

Whether it's sunny or snowy, come and discover the charms of the mountains in winter. The sounds of the world are muffled as you trek along the-Gervais snowshoe trails looking for animal prints.

### The Mont d'Arbois path.

At the top of the Mont d'Arbois gondola lift.

- Duration: 2.5h
- Meters of ascent: 433 m
- Distance: 4.6 km

The itinerary can be taken down from the top of the ski lift where it is also possible to eat.

### Loop in Bettex/Les Communailles

#### > From le Bettex

- Duration: 1.5h
- Meters of ascent: 201 m
- Distance: 4.9 km

#### > from Les Communailles

- Duration: 1.5h
- Meters of ascent: 176 m
- Distance: 4.9 km

This slope is very sunny in the morning and provides exceptional views of Mont Joly and the Mont Blanc mountain range while you're following the trail of Charlotte the Marmot.

### Loop on the Plateau de la Croix

- Duration: 2h
- Meters of ascent: 408 m
- Distance: 5.5 km

This is a great loop for keen snowshoers, with a significant ascent. It has a panoramic view from the Plateau de la Croix, lovely old farms and a returntrip leaving from Les Meuniers on the Baroque Trail and a section of the Tour du Mont Blanc.

### Loop in Saint-Nicolas

- Duration: 1h
- Meters of ascent: 115 m
- Distance: 2.3 km

This is a pleasant little loop to get acquainted with snowshoeing. This easy itinerary extends over the plateau, in the sun and has magnificent view-points. Don't miss out on the Saint-Nicolas church discovery tour! It's a jewel of Baroque art in Savoie.

### Bionnassay Bellevue Path

- Round-trip duration: 2h 45min
- Meters of ascent: 361 m
- Distance: 9.2 km

### Bionnassay loop

- Duration: 1h
- Meters of ascent: 120 m
- Distance: 2.7 km

### Porcherey loop

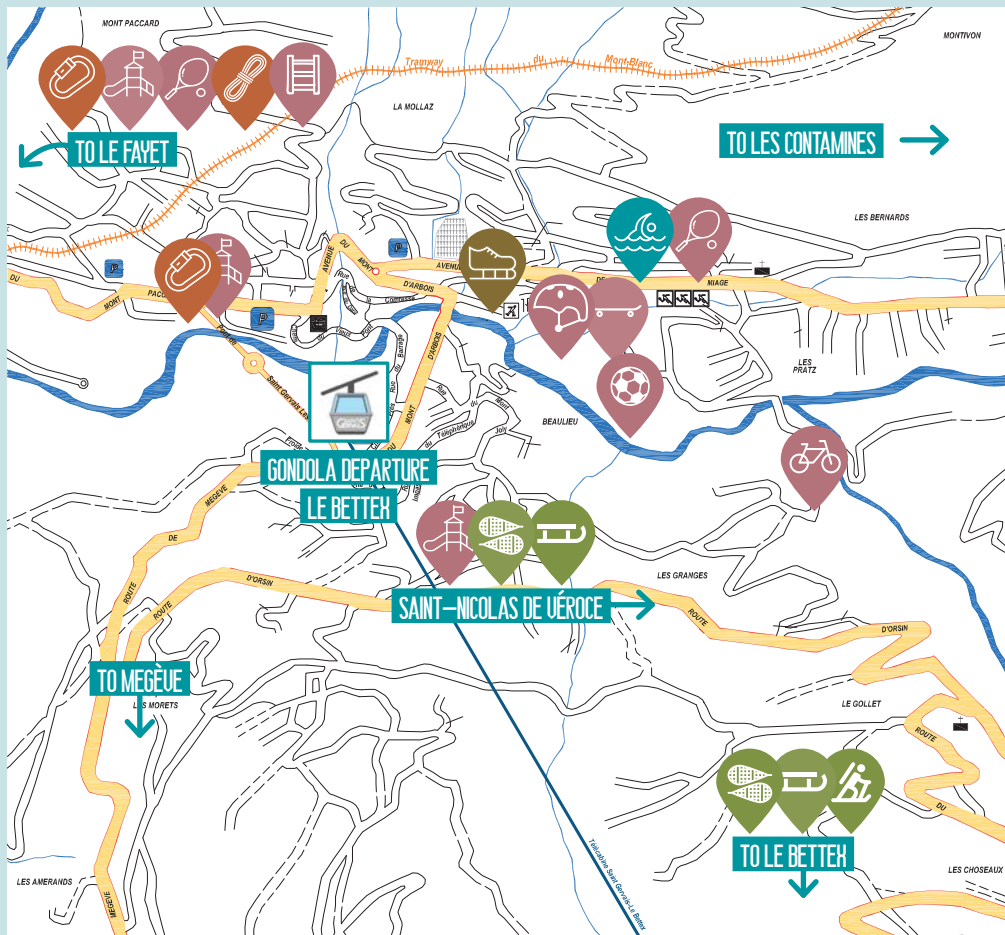
- Duration: 2.5h
- Meters of ascent: 242 m
- Distance: 2.8 km

## CHARLOTTE THE MARMOT HAMLET



Charlotte invites kids to her village and its picnic area facing Mont Blanc. A fun area that's easy to get to on foot with many activities during the holidays.

Easily accessible from the Le Bettex - Mont d'Arbois gondola, this playground is an ideal meeting place for families. Stop off at the Charlotte playground and picnic area and learn heaps about the life of marmots!



# CONTACT

IN SAINT-GERVAIS

## SWIMMING POOL



798 avenue de Miage  
SAINT-GERVAIS  
Tel: 87 (0)4 50 93 42 33

## PLAYGROUNDS



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

## SKATING RINK



67 impasse de la Cascade  
SAINT-GERVAIS  
Tel: 02 (0)4 50 93 50 33

## TENNIS



798 avenue de Miage  
SAINT-GERVAIS  
Tel: 83 (0)4 50 93 41 33

## CLIMBING GYM



Bridge column close to the town centre.  
SAINT-GERVAIS  
Tel: 40 (0)4 50 47 73 33

## SNOWSHOEING



Tourist Office  
SAINT-GERVAIS  
Tel.: +33 (0)4 50 47 76 08

## CLIMBING WALL

Thermal Park  
LE FAYET  
Tel: 08 (0)4 50 47 76 33

## SLEDGING



Tourist Office  
SAINT-GERVAIS  
Tel.: +33 (0)4 50 47 76 08

## ADVENTURE PARK



Thermal Park  
LE FAYET  
Tel.: +33 (0)6 61 84 39 09

## SKI TOURING



Tourist Office  
SAINT-GERVAIS  
Tel.: +33 (0)4 50 47 76 08

## VIA FERRATA



Thermal Park  
LE FAYET  
Tel: 08 (0)4 50 47 76 33

[WWW.SAINTGERVAIS.COM](http://WWW.SAINTGERVAIS.COM)



PLAYGROUNDS



Bikepark



Adventure park



Pump track



Skate park



Tennis



Football pitch



Skating rink



Swimming pool



via ferrata



Climbing



Sledging



Snowshoeing



Ski touring



# SAINT-GERVAIS ACTIVITY PASS



PEFC 10-31-1443 / Certifié PEFC / pefc-france.org

## UNLIMITED ACCESS

Pool, skating rink, library, Sacred art museum, Hautetour fortified manor house.



	FULL PRICE	REDUCED RATE*	FAMILY RATE**
3-Day pass*	€15	€12	-
6-Day pass*	€30	€24	Reduced for the family!

\* Children between 5 and 14, disabled people, over 65s and large families.

\*\*2 adults and at least one child paying

**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.

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

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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