

GUIDE TO SPORTS FACILITIES AND ACTIVITIES
WINTER 2025-2026

SAINTS GERVAIS

— MONT-BLANC —

ÉMOTIONS ALPINES
ALPINE EMOTIONS



SAINTGERVAIS.COM

SWIMMING POOL

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



POOLS AND WELLNESS AREA

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

The 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.

RATES

Full price 5,50 €
Swimming pool + relaxation area 11 €
Reduced rate* 4,50 €
Free entry** for under 5s and over 75s.
Family rate*** ...reduced rates for the whole family.
Supplementary fee for wellness area 6,50 €

*Children aged 5 to 14, disabled swimmers, high school students, seniors aged 65+, big families, groups of 10+ and members of the association Vivre à Saint-Gervais.

**Person accompanying a disabled swimmer.

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

Access to the wellness area from age 15 +.

ACCESS

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

OPENING TIMES



SUBSCRIPTIONS

ANNUAL SUBSCRIPTION

Full price 216 €
Reduced rate 174 €
Swimming pool + Wellness area 324 €
Compulsory rechargeable token 4,5 €

12 ENTRIES

Full price 54 €
Reduced rate 44 €
Swimming pool + Wellness area 108 €
Family*** Reduced rates for the whole family.
Compulsory rechargeable token 4,5 €

ACTIVITIES

12 SESSIONS: 99 €

Valid for all aqua activities, except aqua seniors.





RESERVATIONS, REQUIRED FOR ALL ACTIVITIES, ARE TO BE MADE ONLINE AT: [LOISIRS.SAINTGERVAIS.COM](https://loisirs.saintgervais.com) PLEASE ARRIVE AT LEAST 10 MINUTES BEFORE THE START OF YOUR CHOSEN ACTIVITY.

AQUABIKE

This energetic activity improves cardio and strengthens the muscles of the lower body. Non-traumatic for the joints, aquabike improves circulation.



Monday: 12:30 to 13:15 and 18:30 to 19:15
Wednesday: 12:30 to 13:15
Friday: 12:30 to 13:15 and 19:15 to 20:00
Price: 10 € per session
12 sessions: 99 €

AQUA CARDIO SCULPT

Session with fins and weights to strengthen, tone and improve cardio. Good level of swimming necessary.



Wednesday: 19:15 to 20:00
Price: 10 € per session
12 sessions: 99€

CIRCUIT TRAINING

A combination of four high-intensity activities: aqua bike, paddle, trampoline and treadmill.

Wednesday: 19:15 to 20:00.
Price: 10 € per session or 99 € for 12-sessions.

MONDAY	WEDNESDAY	FRIDAY	SATURDAY
AQUA SENIORS 09:00 - 10:00	-	-	BABY SPLASH 09:00 - 09:45
AQUA SENIORS 10:00 - 11:00	-	-	BABY SPLASH 09:45 - 10:30
AQUABIKE 12:30 - 13:15	AQUABIKE 12:30 - 13:15	AQUABIKE 12:30 - 13:15	-
AQUABIKE 18:30 - 19:15	-	-	-
-	AQUA CARDIO SCULPT / CIRCUIT TRAINING 19:15 - 20:00	AQUABIKE 19:15 - 20:00	-

SENIORS AGE 65+

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 65+.

Monday: 09:00 to 10:00 and 10:00 to 11:00.
Price: 5 € per session, 50 € for a 12 session nominative subscription.

BABY SPLASH

For children aged 6 months to 3 years.
A fun and gentle approach to water in a pool heated to 32°C.
Lifeguards on site to welcome and advise.



Saturday: 09:00 to 09:45 and 09:45 to 10:30
Price: 11 €

SWIMMING LESSONS

Lessons for novice swimmers or lessons to improve technique and learn different strokes.
For children age 4+ and adults.



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

RATES

30-minute private lesson 30 €
Five 30-minute private lessons 130 €
Ten 30-minute private lessons 250 €
30-minute group lesson (minimum 2 people) 25 €/pers
Five 30-minute group lessons 110 €/pers
Ten 30-minute group lessons 200 €/pers

ICE RINK

67 impasse de la Cascade
74170 Saint-Gervais
Tél. : + 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. Home to the Mont-Blanc Hockey Club, the Saint-Gervais Sporting Hockey-Club, Ice Dance Club and Curling Club, the rink in Saint-Gervais seats 1,800 spectators.

OPENING TIMES



RATES

Full price	5 €
Reduced rate*	4 €
Family admission*.....	4 €
Group admission, 10 people+	3,5 €
Skate hire	3,20 €

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

ICE SKATING

Recently renovated, the olympic- size indoor ice rink in Saint-Gervais is 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 spirit of the sport!

The curling season runs from September to late April.

Reservation compulsory 48 hours in advance.

Introductory session, minimum 6 people:

Over 15s: 20 €

Age 12 to 15: 15 €

Minimum age required: 12 years.

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

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



ICE GARDEN

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

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

CHRISTMAS HOLIDAYS

Tuesday 23rd and 30th December 2025, from 10:00 to 12:00.

WINTER HALF-TERM HOLIDAYS

Tuesday 10th, 17th, 24th February and 3rd March 2026, from 10:00 to 12:00.

SPRING BREAK

Tuesday 7th, 14th, 21st and 28th April 2026, from 10:00 to 12:00.

Your children will 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 Pairs Champion in 2008. The club proposes a full range of courses at all levels, beginners' and recreational courses for children aged 4 upwards plus courses for teenagers and adults who want to learn to skate or improve their technique. The club also runs competition courses at all levels to ensure the continual progression of 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 Saint-Gervais and Megève, welcomes boys and girls aged 5 upwards and adults (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 the highest level of play. In addition to matches, championships and tournaments, Mont-Blanc Hockey club organises friendly matches in winter and summer, open to the general public. A great opportunity to enjoy a fun sporting experience!

Information: 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 in 2002/23 between two clubs, Saint-Gervais and Megève. 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. 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

Keen climbers can train in the gymnasium in the park in Le Fayet, on the climbing wall under the bridge (depending on the weather) or outdoors.

CHILDREN

- **Mini club (age 5+): from 150 €**
- **Pre-club: 250 €**
- **Club: from 260 €**
- **Performance: from 360 €**

ADULTS

350 €

VIA FERRATA

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

The Via Ferrata above the Thermal Park in Saint-Gervais Le Fayet leads you through preserved natural surroundings (from Saint-Gervais or Le Fayet). Enjoy this sporty adventure whilst respecting the necessary safety measures.

- Starting point in the Thermal Park: 620 m altitude
- Finishing point: 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: 3 1/2 hours

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

OUTDOOR ACTIVITIES



PUMP TRACK

Accessible to all, year-round, the pump track 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, roller blades, a scooter or a bike, the pump track - 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 pump track is the ideal summer training activity, in preparation for the winter season.



SKATE PARK

Located on the Plaine des Pratz, just a stone's throw from the ever-popular Pump track, 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

SAINT-GERVAIS

2 hard courts at the Sporting Club.

Individual occasional play

Hard court hire..... 17,70 € per hour

Keycard..... 2 €

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

Annual subscription

Adults 108 €

Children under 15

or family of 4..... 38 € / per person

Annual subscription for a family of 3

(2 adults + 1 child under 15)..... 38 € / per person

Keycard..... 2 €

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

Guests of a subscriber or member of the Passy / Saint-Gervais Mont-Blanc tennis club

Hard courts..... 9 €

Keycard..... 2 €

NB: it is the subscriber or member who declares a partner on the software.

LE FAYET

2 hard courts open year-round: free of charge

FOOTBALL PITCH

Come and discover the sand covered football pitch, located on the Plaine des Pratz. The facility complies with the official dimensions for 4-side football. Fans of the game can enjoy playing here, in a unique alpine setting.

MULTISPORTS GROUND IN LE FAYET

24 x 13 metres, this outdoor astro turf ball sports ground is entirely fenced in and ideal for football, handball, basketball and volleyball.

BIKE PARK

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

Necessary protective gear

- Wearing a helmet is compulsory.
- We 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
- At the heart of Saint-Nicolas-de-Véroce

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

CHARLOTTE THE MARMOT TRAIL IN LE 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 cable car.

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

SLEDGING, SKI TOURING AND SNOWSHOEING



RATES

Sledgingfree of charge
 Fun sliding areafree of charge
 Play groundfree of charge
 Snowshoeingfree of charge

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

SKI TOURING

Saint-Gervais boasts a choice of signposted ski touring itineraries above Le Bettex, Les Communailles and Saint-Nicolas de Véroce. Twice a week, the resort proposes a safe itinerary up a closed and groomed ski slope: Tuesdays and Fridays from closing time until 21:00. Headlamp necessary.



SLEDGING

Sledging in Le Bettex

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

Sledging at Plateau de la Croix

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



SNOWSHOEING

In fine weather or in the snow, discover the charm of the mountains in winter and embrace the hushed atmosphere along our snowshoe trails.

Chemin du Mont d'Arbois

From the summit of the Mont d'Arbois cable car

- 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 at Plateau de la Croix

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

This beautiful circuit, ideal for keen walkers, boasts a variation in altitude, superb panoramic views and ancient farmhouses. Return from Les Meuniers, along the Baroque Trail 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 leads you across a sunny plateau with magnificent views. Remember to visit the church of Saint-Nicolas - a jewel of Savoie Baroque art.

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

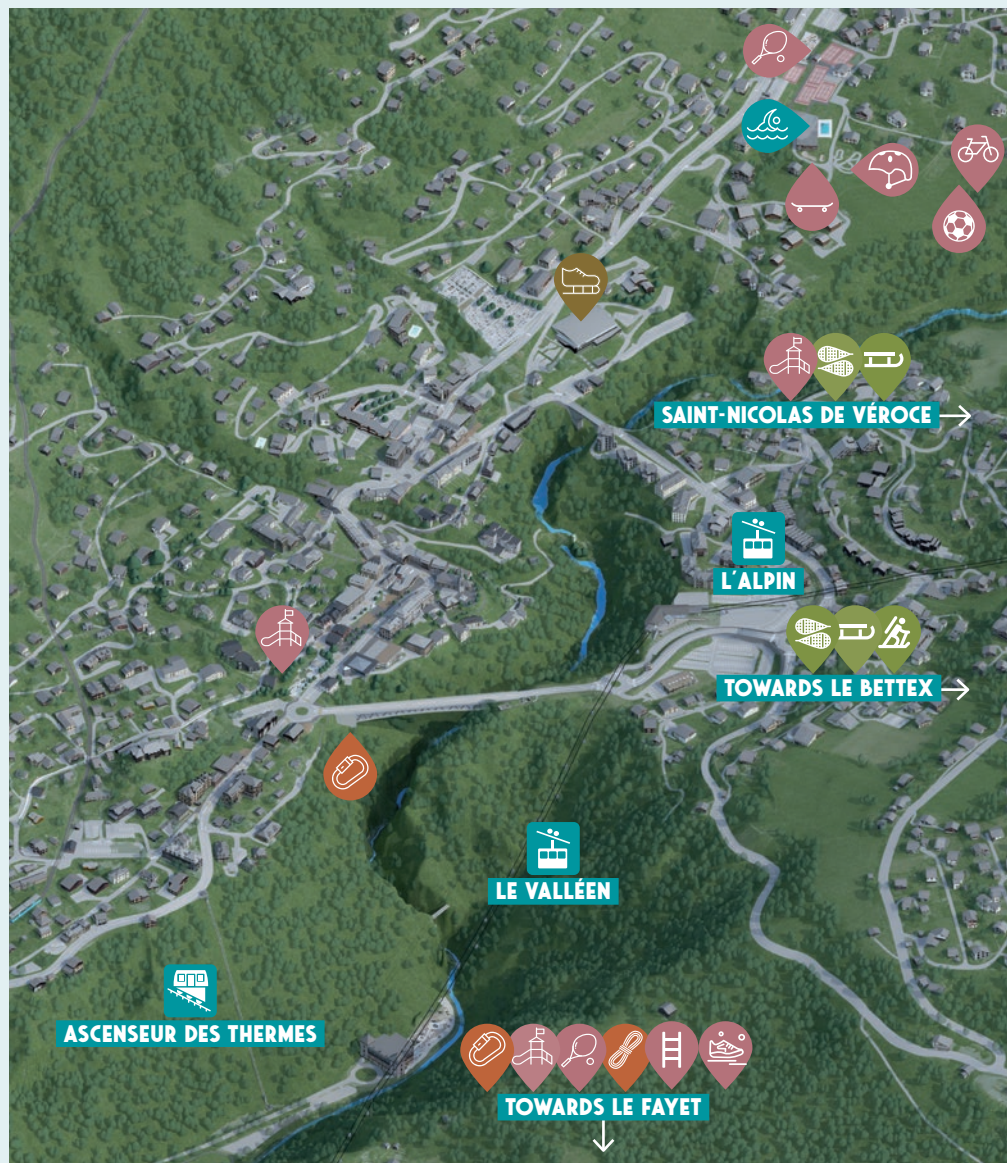
Porcherey circuit

- 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 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!





CONTACT DETAILS

ACTIVITIES IN SAINT-GERVAIS

WWW.SAINTGERVAIS.COM

GETTING AROUND



SWIMMING POOL



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

ICE RINK



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

CLIMBING HALL



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

LE TOPO CLIMBING CENTRE



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

CLIMBING WALL



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

TREE-TOP ADVENTURE PARK



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

VIA FERRATA



Parc Thermal
Le Fayet
+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 Saint-Nicolas de Véroce

TENNIS COURTS



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

SNOWSHOEING



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

SLEDGING



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

SKI TOURING



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



SAINT-GERVAIS TOURIST INFORMATION OFFICE

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

Dites tout



Oh!

ce que
vous pensez
tout bas.

Saint-Gervais mène l'enquête
pour améliorer ses services
et connaître vos attentes.
Scannez le QR code et donnez-
nous votre avis.

**SAINT
GERVAIS**
MONT-BLANC



ÉmOh!tions
Alpines



Saint-Gervais strives to improve services and satisfy visitors. Scan the QR code and tell us what you think!

