

SAINTS GERVAIS

MONT-BLANC

SAINT
GERVAIS

GUIDE TO SPORTS FACILITIES AND ACTIVITIES



#ÉMOTIONS #ALPINES

WINTER
2023-2024



POOL

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



OPEN



**CLOSED EXCEPTIONALLY
FOR DRAINING AND CLEANING**
From 06 to 12 November 2023



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 POOLS

- 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.

Children under 10 years of age are not allowed in the pool unless accompanied by an adult wearing a bathing suit.

Regular shorts and swimming trunks are prohibited.

PASS

ANNUAL PASSES

| | |
|---------------------------------|-------|
| Normal entry..... | €208 |
| Reduced entry..... | €167 |
| Pool + wellness centre | €312 |
| Mandatory reloadable pass | €4.20 |

12-ENTRY PASS

| | |
|---------------------------------|-----------------------------------|
| Normal entry..... | €52 |
| Reduced entry..... | €42 |
| Pool + wellness area | €104 |
| Family*** | The whole family at a reduced fee |
| Mandatory reloadable pass | €4 |

FEES

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

ACTIVITIES

SUBSCRIPTION TO 12 SESSIONS €95

(All aqua activities, except senior aqua)

* 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.





FOR ALL ACTIVITIES RESERVATIONS ARE REQUIRED
(LIMITED NUMBER OF SPOTS). ARRIVE 10 MINUTES
BEFORE THE START OF THE ACTIVITY.

AQUABIKE

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 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: €9.50 per session
or 12 sessions for €95

AQUA CARDIO SCULPT

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



Wednesday: 19:15 to 20:00
Price: €9.50 per session
or 12 sessions for €95

SENIORS

Workshops: aquagym; aquabike, or trampolane 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

Monday: 9:00 - 10:00 and 10:00 - 11:00
Price: Entrance fee for the pool, per person
or with a membership card.
Free for seniors over 75

| MONDAY | WEDNESDAY | THURSDAY | SATURDAY |
|--------------------------------------|--|----------------------------------|-----------------------------------|
| AQUA SENIORS 9:00 - 10:00 | - | - | BÉBÉS PLOUF 9:00 - 9:45 |
| AQUA SENIORS 10:00 - 11:00 | - | - | BABY BABY 9:45 - 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 19:15 - 20:00 | AQUABIKE 19:15 - 20:00 | - |

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: 9:00 to 9:45 and 9:45 to 10:30
Price: €10.40

SWIMMING

From beginner to advanced, lessons for children from 4 years old and adults. 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.



Reserve directly with our lifeguards.
Tel.: +33 (0)4 50 93 42 87(cashdesk)
mns@saintgervais.com

FEES

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.
Package 5 x 30 min group lessons €80/pers.
Package 10 x 30 min group lessons €140/pers.

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 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 and is the training centre for the Mont-Blanc Hockey Club, the Saint-Gervais Sporting Hockey Club, ice dancing, and curling.

FEES

| | |
|------------------------------------|--------------|
| 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.

OPEN



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!



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!

Opening: the season runs from September to the end of April.

Reservations required 48 hours in advance.

**Prices: Adult initiation (+15 years)
€20/(12 to 15 years) €15.**

Contact: Didier Rossi - +33 (0)6 74 93 25 08

Reservations required: didier.rossi73@orange.fr



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

Tuesdays 26 December 2023
and 02 January 2024 from 10:00 to 12:00

WINTER HOLIDAYS

Tuesdays 13, 20, 27 February
and 05 March 2024 from 10:00 to 12:00.

SPRING HOLIDAYS

Tuesdays 9, 16, 23, and 30 April 2024
from 10:00 to 12:00.

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



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.

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

The club also offers competitive courses at various levels, so that our members can continue to develop their skills. 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

UP HIGH



THE TOPO

Situated in Le Fayet, The Topo is a climbing haven that welcomes everyone, featuring routes and bouldering areas tailored for both novices and seasoned pros, as well as climbers of all ages. Free access, memberships, year-round courses, and private instruction. Climbing and yoga. Bar & snack bar for added social enjoyment

| | |
|--|-----|
| Adults | €18 |
| Pro..... | €16 |
| Other mountain professionals2, CAF, FFME | €17 |
| Seniors..... | €17 |
| Students and/or under 25 | €15 |
| Children/young people aged 6 to 15 | €12 |
| Children under 5..... | €5 |

More information on our website: www.letopo.fr

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: €220

Club package (from age 9 up)

Annual fee: €290

Family package (from age 9 up)

Annual fee: €330

Competition package (from age 12 up)

Annual fee: €380

ADULT SESSIONS

Adult intensive package

Annual fee: €300

www.aumescalade.com

VIA FERRATA

For safety reasons, the via ferrata is closed for the winter season.

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 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 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.



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.



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



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.



BIKE PARK

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!



CHARLOTTE THE MARMOT AT "BETTEX"

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

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

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

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.

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

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 21:00.



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

In any weather, from sunshine to snowfall, experience the allure of the mountains during winter. Enjoy the tranquil setting as you follow snowshoe trails in Saint-Gervais, keeping an eye out for animal tracks.

The Mont d'Arbois path.

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

- Duration: 2h15
- 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: 1h30
- Meters of ascent: 201 m
- Distance: 4.9 km

> from Les Communailles

- Duration: 1h30
- 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: 2h45
- Meters of ascent: 361 m
- Distance: 9.2 km

Bionnassay loop

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

Porcherey loop

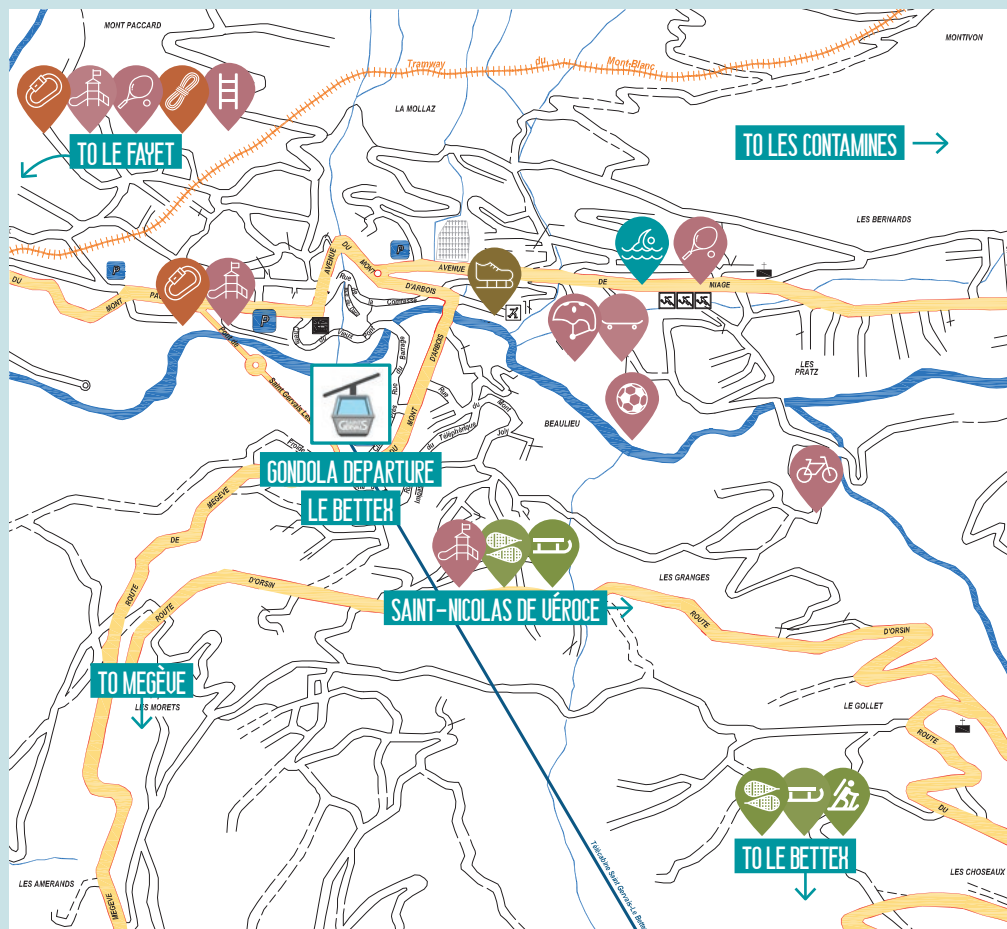
- Duration: 2h30
- Meters of ascent: 242 m
- Distance: 2.8 km

CHARLOTTE THE MARMOT HAMLET



Charlotte invites kids to her village and its picnic area facing Mont Blanc. A fun area within walking distance 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!



 Playgrounds
  Bikepark
  Adventure park
  Tennis
  Skate park
  Pump track
  Football pitch

 Skating rink
  Pool
  Via ferrata
  Climbing
  Sledging
  Snow shoeing
  Ski touring

CONTACT FOR ACTIITIES 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 GYM

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

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

VIA FERRATA

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

PLAYGROUNDS

- Le Fayet in the Thermal Park,
- St-Gervais in the public garden
- 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 Office
Saint-Gervais
Tel.: +33 (0)4 50 47 76 08

SLEDGING

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

SKI TOURING

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

LEISURE PASS SAINT-GERVAIS



UNLIMITED ACCESS

Pool, skating rink, library, Sacred art museum,
Hautetour fortified house, La Cure



| | FULL PRICE | REDUCED RATE* | FAMILY RATE** |
|-------------|------------|---------------|-------------------------|
| 3-Day pass* | €15 | €12.5 | - |
| 6-Day pass* | €31 | €25 | Reduced for the family! |

* Children between 5 and 14, disabled people, over 65s and large families.
**2 adults and at least one child paying



DOWNLOAD THE
BROCHURE ONLINE



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

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

WWW.SAINTGERVAIS.COM

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DESIGN&IMPRESSION KALISTENE

