# WINTER 2024-2025





# **BEAUFORTAIN GUIDES OFFICE**

**Registration at the Tourist Office of Arêches-Beaufort** 

or <u>www.areches-beaufort.com</u>

permanence every Sunday at the skiset store – Place du Capitaine Bulle - 18h More information: 04 79 38 37 57 and info@areches-beaufort.com

Ski touring,	Monday march 24	95€
climbing the Grand Mont	from 8.30 am to 1.30 pm	provide ski (or hiker) pass
Ski touring - level development	Wednesday march 26 at 8:30	95€

Other Outings (Free ride / cascades de glace) in private packages on request. Contact: 06 48 90 49 39



BEAUFORTAIN RANDONNEE – Snowshoeing Guided tours in the mountains. Information and registration at the Tourist Office Contact person for information: 06 70 91 29 11



Monday 24	9:30am – 11:30am	Initiation, discovery Chalets de Foliet (t) sector Planay Rdv : ESF Planay level : discovery ascent :+100m Panorama,Chalets		
Thursday 27	2pm – 4:15pm	<b>Discovery of the Plateau du Cuvy (T)</b> rdv cablecar Le Bois level : discovery. Ascent : +100m chairlift. View on Mont Blanc, Forest, footprints		
Friday 28	9am – 4pm	<b>Day Vallée de Roselend (T</b> ) sector Roselend rdv:ESF Arêches level : walking ascent : +550m Carpooling . Mont Blanc, panorama, forest		

Access to the start of the hike can be done by car or by ski bus for a departure from Planay Group or private outing, we work together on the ride of your choice: 06 14 59 69 63 - 06 86 31 78 05

Rates: 1/2 day: from 30€. (- 15 years: 17€). Rate day: 45€ (-15 years 35€) . Come to the meeting place with your equipment. Return times given for information purposes. Depending on the conditions, the location of the hike may be changed.

# WHAT'S ON THIS WEEK ? From 22/03/25 to 29/03/25

#### SATURDAY MARCH 22

#### Forests on Stage - International Forests Day

 ② 2pm-5pm ♀ Hameau des Villes Dessus -Beaufort

€ Free of charge. From 6 years old Outings and activities (naturalists, observation of fauna and flora, ornithological discovery. Hiking, walking, guided, commented, forest species recognition).

🖄 +33 (0)6 24 97 32 63

#### **Evening Cinema -Novice -Pablo**

⑦ 7pm ♀ Chaudanne Hall - Arêches

Free to participate.

Pablo: awareness film on ski-related head injury through the experience of Pablo Banfi. And Novice on ski touring in the Beaufortain, the Aravis, the Bauges. Intermission: free snack and paid refreshment for the benefit of the association.

#### Concert to the Télémark avec Club Charbon

④ 9pm-2am ♀ - Le Planay

Free of charge.

Discover the magic of electronic music with Club Charbon at Télémark! Le Rendez-vous de la musique techno - house - bass.

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#### **SUNDAY MARCH 23**

#### Welcome on the slopes

④ 9am-12pm
 ♀ Plateau du Cuvy - Arêches
 ● Free of charge.

RDV on the plateau of Cuvy, at the arrival of the chairlift of Gd-Mont for a reception of the tourist office and the SEMAB (Sté des Remontées Mécaniques) outdoors! Information.

documentation, pastries, Beaufort bars and hot chocolate offered !

# **TUESDAY MARCH 25**

#### Visit of the Arêches sawmill 🕷

🕘 9.30am-11am

Salle de l'Office de tourisme - Arêches

€ Adult: 6 € - Child 4 €

Sophie invites you to discover the tree in the forest, until its transformation: recognize different species, felling, logging, all the work of the sawmill. https://reservation.areches-beaufort.com/visitede-la-scierie-d-areches-1-1.html

#### At Mauricette coffee concept workshop

④ 10am-11.30am
 ♀ Place Frison Roche - Beaufort
 ◎ A b H F C = OLUB (0.11)

€ Adult: 7 € - Child (6-14 years old) : 5 € - Free for children under 5 years old.

Come and visit the workshop and discover the specificity of donkey breeding, the steps of manufacture by cold saponification, the formulation of solid shampoos, and test your sense of smell by guessing the perfumed notes created.  $\circledast$  +33 (0)6 78 86 09 00

https://reservation.areches-beaufort.com/visitede-la-savonnerie-chez-mauricette.html

#### Workshop construction of an attic $\, \mathbb{W} \,$

- I1am-12pm
- Salle de l'Office de Tourisme Arêches

€ Adult: 6 € - Child 4 €

Be involved in the construction of a Savoyard attic with Sophie, to understand the various steps up to the roof.

https://reservation.areches-beaufort.com/atelierconstruction-d-un-grenier-savoyard-1.html

#### Savoy Wine tasting

2 5pm-5.45pm

♀ L'Accord - Bar à vins

et fromages - Arêches

€ Adult: 15 € compris vins et fromages 
 2 From
 18 years old

Learn some secrets about winegrowing thanks to our tastings.

S +33 (0)4 79 10 32 60

www.hotel-les-ancolies.com/bar-vins-fromages



#### Visit of the Beaufortain brewery

② 5pm-7.30pm
 ♀ Parking de la Serraz - Arêches
 € Free of charge.
 Discover the local brewery Birra Menta

#### Visit the Argentine cow farm 🕷

④ 5.15pm-6.45pm
♀ Les Efforces

€ Adult: 9 € - Child (3-12 years old) : 5 € - Free for children under 3 years old.

The farmers will show you their cows, called Tarines, and specificity of a mountain agriculture for making the famous Beaufort cheese. You will see the milking and calves meals. The visit ends with tasting cheese and some regional products. https://reservation.areches-beaufort.com/visitede-ferme-du-gaec-de-l-argentine.html

#### WEDNESDAY MARCH 26

#### **Blood donation in Beaufort**

④ 3.30pm-7pm ♀ multi-purpose hall - Beaufort
 €

A place to save lives and contribute to community solidarity. A simple gesture for a great impact ! With the blood donor association. 1 donation can save 3 lives ! Bring your identity card. Do not come fasting.

www.dondesang.efs.sante.fr

#### Workshop decoration of wooden objects

 ④ 4pm-6pm ♀ Salle de l'Office de Tourisme -Arêches

Children can customise small wooden objects that they can take home at the end of the workshop in exchange for a small financial participation.

🕓 +33 (0)6 73 28 96 78

#### **Discovering the village of Arêches**

④ 5.30pm-7pm ♀ Office de tourisme - Arêches
 ⑥ One price: 5 € à partir de 10 ans

You already know the trails, but what about the village? From the church to the 1st tug-of-war, from the wash house to the traditional houses, Pascaline will help you discover 1001 stories and anecdotes. The resort will hold no secrets for you!

https://reservation.areches-beaufort.com/a-la-de couverte-du-village-d-areches.html

# THURSDAY MARCH 27

#### At Mauricette coffee concept workshop

🕘 10am-11.30am

♀ Place Frison Roche - Beaufort

€ Adult: 7 € - Child (6-14 years old) : 5 € - Free for children under 5 years old.

Come and visit the workshop and discover the specificity of donkey breeding, the steps of manufacture by cold saponification, the formulation of solid shampoos, and test your sense of smell by guessing the perfumed notes created. +33 (0)6 78 86 09 00

https://reservation.areches-beaufort.com/visitede-la-savonnerie-chez-mauricette.html

#### Afternoon games

 ② 2pm-5pm
 Q Association d'Animation du Beaufortain - Le Confluent - Beaufort
 ⑥ Free of charge.
 Come discover new board games with Fred, or simply play belote, tarot, dominoes, scrabble.
 Open to all.

🕓 +33 (0)4 79 38 33 90

#### Visit the Clemence Farm

 ② 3.30pm-5pm
 ♀ 133 route des Prés -Beaufort

€ One price: 5 € - Free for children under 3 years old.

Clémence welcomes you for the discovery of its goat herd in its pretty farm and will present you its cheeses with tasting and direct sale.

🕓 +33 (0)7 71 72 87 19

https://reservation.areches-beaufort.com/visitede-la-ferme-de-melle-clemence.html

#### Workshop construction of an attic 🛞

4pm-5pm

♀ Salle de l'Office de Tourisme - Arêches

(-)

Be involved in the construction of a Savoyard attic with Sophie, to understand the various steps up to the roof.

https://reservation.areches-beaufort.com/atelierconstruction-d-un-grenier-savoyard-1.html



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5pm-6.30pm

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 € Adult: 6 € - Child 4 €

Sophie invites you to discover the tree in the forest, until its transformation: recognize different species, felling, logging, all the work of the sawmill. https://reservation.areches-beaufort.com/visitede-la-scierie-d-areches-1-1.html

#### Happy Hour Concert with Rec 73

⑦ 7.30pm-0am ♀ Bar l'Accord

€ Free of charge.

A concert aperitif that will really make you dance, to the rhythm of the country rock blues of REC 73. Do not miss this festive moment, where the music and good mood will be at every moment.

#### **Evening tasting products at the farm**

② 8pm-11pm Come and spend a friendly evening in a room arranged above the farm, with view on the animals.

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### FRIDAY MARCH 28

#### At Mauricette coffee concept workshop

🕘 10am-11.30am

♀ Place Frison Roche - Beaufort

Come and visit the workshop and discover the specificity of donkey breeding, the steps of manufacture by cold saponification, the formulation of solid shampoos, and test your sense of smell by guessing the perfumed notes created.

+33 (0)6 78 86 09 00 https://reservation.areches-beaufort.com/visitede-la-savonnerie-chez-mauricette.html

#### Visit of the Beaufortain brewery

② 5pm-7.30pm
 ♀ Parking de la Serraz - Arêches
 € Free of charge.
 Discover the local brewery Birra Menta

#### **Evenings games**

 ⑦ 7.30pm-1am ♀ Association d'Animation du Beaufortain - Beaufort

Free of charge. From 7 years old Come play belote, tarot, dominos, scrabble... and discover new games with Fred.

🕓 +33 (0)4 79 38 33 90

#### SATURDAY MARCH 29

#### The Gaspard Race

④ 6pm-10pm ♀ Front de neige du Planay
 ● Full price: 30 € - Reduced price: 18 € moins de 16 ans

Festive race in ski mountaineering costume, followed by a meal at the Isa Terrace. On registration, come in great numbers ! www.areches-beaufort.com

#### Dancing evening of the Gaspard race

#### ⑦ 7pm-2am ♀ - Le Planay

Join the runners of La Gaspard, after the local ski mountaineering race for a memorable dance evening (meal: raclette for all) ! Intergenerational music from the 1980s to the present.

🖄 +33 (0)4 79 89 75 41

### AND ALSO

# Treasure hunt from the Bar "L'Accord"

#### Servicia Arêches

€ Free of charge. □ From 7 years old Walk in our lovely village, to discover having fun, regional wines and cheeses. The best part ? Trying to find the secret treasure, hidden by Victor, sommelier of the bar. With smartphone or tablet. Download the Baludik app. A course to do in all weather.

🕓 +33 (0)4 79 10 32 60

#### **Treasure under White Gold Part 2**

#### From 7 years old

An orienteering games at the Cuvy ! Animation between a treasure hunt and a life-size escape game. Access by the Grand-Mont chairlift or The cablecar Le Bois.

🕓 +33 (0)4 79 38 12 70

# Markets

In Arêches: Tuesdays from 4 pm to 7 pm

# **Beaufort Library**

Tuesday 3.30 pm to 7.00 pm/ Wednesday 9.30 am to 12.30 pm Saturday 10am – 12pm

# Library of Arêches

Monday from 4pm to 5.30 pm Friday from 5pm to 6:30pm

# Beaufortain dairy cooperative - visit of the cellars

Open Monday, Thursday, Friday and Sunday from 9am to 11am and 14pm to 5pm. departures every hour. 3€ Other free visits every day.

# Cours de Yoga et Pilates

Yoga and Pilates with Maud - Arêches Studio in the heart of the village: 130 rue Sur Frachette Single rate: 15 € / course. Equipment provided. From the age of 18. Group and private lessons from Sunday to Tuesday. Online planning: vinyasa yoga, yin yoga, pilates. Reservation required 06 85 92 64 80 www.maud-yoga.fr

# Discovering the Earth and the stars with GEOCIEL

#### Landscape reading:

Guided by our geologist, retrace the history of the formation of our landscapes, from the Alpine ocean to the last glaciation, by finding the clues that hide our mountains.

• Walk or snowshoe on the plateau of Cuvy.

• Alpine ski circuit (same time and place of RDV as the ESF courses, circuit according to level of skiing) ! 1h50 approx. Adult = 20 €/pers. Child 8 to 16 years old = 14€; Child (- of 8 years) free.

#### **Astro Nights:**

Scientific and contemplative journey through space and time! Our astronomer will guide you through the constellations and their legends, his telescope will reveal the most beautiful jewels of the winter sky, from neighboring planets to distant galaxies. A hot drink will enhance your evening.

1h approx. Rates: Adult (8 years and +) = 15 €/pers; Child (- of 8 years) = free. www.geo-ciel.com / contact@geo-ciel.com Tel. or SMS: 04 79 89 77 95 – 06 17 79 72 11

# Paragliding baptisms with Carpe Diem

With a take-off and an easy landing, on foot or on skis, the flight is accessible from 7 years. Accompanied by a professional State Certified Instructor, you will be comfortably settled to fully enjoy a contemplative flight that can end with some sensations if the desire takes you.. From 70€, PHOTOS AND VIDEOS OFFERED.

06 19 80 18 99 seb@ecolacarpediem.com

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mme du cinéma sont des documents non contractuels, les informations sont indicatives		cinema	RINILIVIS DUCINEMA 5€		
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ormati	6pm	Les Bodin's partent en vrille			
, les inf	8pm	A Bicyclette !			
actuels,		Monday March 24	Bodin's		
contra	6pm	Le secret de Kheops			
nts non	8pm	Vermiglio ou la mariée des	DE LA MARIE DES MONTACRES MARAURIZAD		
cumer	-p	montagnes (en VOSTF)			
les dc	Tuesday march 25				
sont d	6pm	Ma mère, Dieu, et Sylvie	Ma Mère		
néma		Vartan	et Sylvie		
du ci	8pm	Le système Victoria	Vartan Vartan Vartan		
		Wednesday march 26			
e prog	6pm	On ira	HARDER I CHERTER I C		
pe et l	8pm	Mickey 17 (en VOSTF)	ON IRA		
L'Animascope et le progra	Thursday march 27				
L'An	6pm	The Insider			
	Colour codesTARIFS				

		Colour codes				
	National outing	Last screening	In case of rain			
Cinéma La Chaudanne at the bottom of Arêches village.						

#### Movies start at the indicated time

#### 7,50€ 5,50€ Payment accepted : CB, Cheques, holiday vouchers, cash

Reduced :

Normal:

# Votre avis nous intéresse ! Your opinion matters

You may have recently stayed in Arêches-Beaufort, and we thank you for your confidence. In order to better understand your expectations, we would like to gather your impressions on this last holiday. Therefore, we would appreciate it if you could take some time to complete the questionnaire



Tourist Office: Arêches and Beaufort open daily from 9am-12pm/ 2pm - 6pm Contact tourist office: 04 79 38 37 57



6 pass card:33 €

scannez-moi