

Sampoens

SUMMER 2022

PRESS KIT





Samoëns... a unique village, a mythical place

Situated at the very centre of the Giffre valley in Haute Savoie, Samoëns takes its name in reference to the seven mountains that surround it.

A preserved natural setting that offers wide open spaces to those who come here. Samoëns is above all a land of emotions.

Immerse yourself in its unique heritage and let the stories of the past be told to you by its local guides, guardians of all the secrets of Septimontain know-how.

Learn the secrets of the ancestral stories handed down from generation to generation!

Venture to discover a unique village, awaken your curiosity with scents such as those of La Jayssinia, the Alpine botanical garden and its 2,400 varieties of plants, discover a renowned built heritage with its nine chapels, most of them built in the 17th century, including the oldest one, that of Bérrouze, dating back to 1468!

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In this preserved and authentic valley and thanks to its traditions, Samoëns is full of hidden treasures.

It is up to you to appreciate the richness of the surrounding nature, where the blue sky and the green mountain pastures combine for a summer break that is both beneficial to the body and the mind...

Take a deep breath, you are in Samoëns, capital of good living!



Key data

- 7 mountains: the peaks that surround the village, from which the name of the village and of its inhabitants, the Septimontains
- 2,400 inhabitants all year round, including 21,000 tourist beds
- 1 unique alpine botanical garden, classified as a remarkable garden
- 9 chapels
- 720m to 2,500m altitude
- 9,729 hectares of land
- 27 hotels and residences, including the 4-trident Club Med, 2 holiday villages, 6 cottages, 2 bed and breakfasts
- 650 kilometres of marked trails in the Giffre Mountains
- 170 km of mountain bike trails in the Haut-Giffre
- 1 col classified as Special Category: the Col de Joux Plane
- 5 huts in Samoëns



Opening of the ski lifts from June :

Opening of the ski lifts from June Samoëns and Grand Massif open : from 02/07/2022 to 28/08/2022.
Grand Massif Express opening : from 3/06/2022 to 28/08/2022

OPENING HOURS

- Grand Massif Express gondola lift from 9.30am to 5pm
- Chariande Express chairlift from 9.30am to 4.30pm

RATES

- Grand Massif Express gondola lift: 8,00
- Chariande Express chairlift: 8,00€
- Grand Massif Express cable car + Chariande Express chairlift: 12,00€
- Giffre 15 round trip pass (includes Morillon and Samoëns resorts) valid during the summer: 80,00€

Access to all the Grand Massif ski lifts:
1 day: 29€ / 6 days: 125€ / Summer season: 150€

RATES FOR VELO VERT FESTIVAL WEEKEND (3-4-5 JUNE)

Before May 30th: 20€ for 3 days via internet pre-sale.
From May 31st: 21€ per day or 29€ for 3 days.

SKI LIFTS OPENINGS

- Grand Massif Express and Vercland cable car: Friday, Saturday and Sunday
- Morillon cable car: Friday.



In Frahans' homeland... Samoëns, home of the stone cutters

The khègnes, the frahans and the bouscolins, as they were called in the past in their professional slang, were the masons, the stone cutters and the itinerant carpenters of Samoëns. Since the early days, the local inhabitants had developed an expertise in carpentry. From the sixteenth century onwards, according to the circumstances and opportunities, their know-how has been enriched by the art of masonry and stone cutting. If Samoëns' built heritage is so attractive, it is also due to the fact that this is the homeland of the stonemasons.
Guided tours every Tuesday morning.

Prices : Adults: 6€, Children: 5€.

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01. Samoëns summer version, WHAT'S NEWS

The summer break starting from June 3rd 2022 !

Thanks to the early opening of the Grand Massif Express cable car to reach Samoëns 1600, the resort will be open on June 3rd 2022. You will therefore be able to come and take a lift pass from the beginning of June, perhaps the first of the season, and take advantage of this early opening, with a mountain bike or hiking boots on your feet, alone or with your family. The ride offers you the bonus of a magnificent view of Mont Blanc from the Tête-des-Saix. Why wait any longer to enjoy the exceptional panoramas of the the Alps?

Open from June 3rd to August 28th.

Grand Massif Express gondola - From 9am to 4.45pm



New MMV residence

Located in the very centre of Samoëns village, the MMV Residence Club Samoëns Village**** opens its doors on June 4th! Situated in the middle of the village and its activities, you will also be nearby the Lac aux Dames, the leisure complex and its many facilities. The Residence welcomes you in a warm atmosphere as soon as you arrive with its cosy lounge and fireplace. To delight the young ones, there are children's clubs from 4 years old and the Squ@t for teenagers up to 17 years old: mountain activities, unusual leisure activities and outdoor games! Allow yourself a break in the aquatic area with indoor pool, sauna and hammam.

New activity : Spend the night in a hanging tent

Spend an unusual night in the Giffre valley! Sleep on the cliffs on a hanging tent, a double bed suspended above the cliff. Combined with a climbing session, a rappel descent, this vertigo night will provide you an unforgettable experience. Thrill in complete safety supervised by a professional.

The night in a wall: from 275€/pers.



New restaurant L'Accordéon, a unique concept

Marie-Paule accepted the challenge of opening "L'Accordéon, bistrot cantine" a few months ago. A place like no other. Installed in the centre of Samoëns, this restaurant is an alternative to the classic aperitif by offering a nice selection of wines, local beers, fruit juices... Open all year round and all day long, together with her team, she offers you something to satisfy your hunger!

You will find sweet and savoury snacks to enjoy and share... The setting is ideal for relaxing, enjoying or even working! A real place where you can enjoy events, meetings and intimate concerts on a regular basis.

Facial yoga you will you will embrace it

Murielle, trained by the school of the world expert Danielle Collins, has been a facial yoga teacher since September 2021. She wanted to share with tourists her approach based on this scientifically proven method of caring for one's face naturally. The goal: a healthy, harmonious and radiant face. The method: facial gymnastics includes targeted exercises to prevent the onset of wrinkles and reduce the signs of ageing by and reduce the signs of ageing by toning the muscles and restoring skin's glow. At any age, regular practice reshapes the contour of the face, plumps up the lips, lifts the the eyelids and cheekbones naturally while enjoying a moment of relaxation.



Welcome of the Vélo Vert Festival : the Great Mountain Bike Festival on 3, 4 & 5 June 2022

For its 13th edition, the great mountain bike festival moves to the heart of the Haute-Savoie region in Samoëns to set up the world's largest mountain bike test centre and a unique mountain bike show in France! A reference in terms of outdoor shows and recognized as the largest test centre in the world, the Vélo Vert Festival will also offer a rich and specific sports programme for all types of riders (pros, beginners and families). In a friendly atmosphere, the event will host enduro, cross-country, electric mountain bike, sport and family events on a new playground suitable for all types of riding.

02. Samoëns, BIKE PARADISE

Resort labelled "Accueil Vélo"

Summer 2022 will be cycle-friendly in Samoëns! In addition to the possibilities of VAE rental, the resort has clearly taken the turn of bike tourism. Samoëns has been awarded with the "accueil vélo" label, with the aim of making life easier for cyclists. It opens itself onto a paradise for cycling enthusiasts, both on the road and on the ground. It opens onto a paradise for cycling enthusiasts, both on the road and on the ground. About 400 kilometres of trails and 28 freeride tracks will delight mountain bikers and other fatbike enthusiasts. Those who prefer to ride on asphalt will enjoy the 11 kilometres of slopes at almost 9% up to the Col de Joux Plane, in the direction of Morzine. This is an out of the ordinary col, famous for hosting the Tour de France.



E-Fatscoot, to be tested!

Discover a brand new, unusual and totally ecological activity the E-Fat Scoot, an all-terrain electric scooter for a different kind of ride! Get off the beaten track and try an original and environmentally friendly experience. Fun, playful and easy to handle, follow the guide and discover, thanks to the all-terrain electric scooter, the beauty of the Samoëns landscapes. An activity for the whole family, from 8 years old.
Price: from 32€ to 52€.



4 bike paths to satisfy the 2-wheeled lovers

Riding down the slopes from Samoëns 1600 or climbing the Joux Plane col like a Tour France rider, cycling lovers will find their paradise in Samoëns!



Downhill mountain biking: the "Dian-Dian" trail

Getting your legs into the groove: the descent of the Dian-Dian trail, the gateway to the entire area, is fun, fairly easy, and offers good speed for the more experienced.

Starting from the Grand Massif Express summit (Samoëns 1600), this not very technical mountain bike trail between meadows and forests offers beautiful natural surroundings. The view on the Giffre valley is remarkable.

Arrival: bottom of the Grand Massif Express gondola (Samoëns village)
Length: 7,3 km
Negative difference in altitude: 900 m
Difficulty: Intermediate
Access: Take the Grand Massif Express gondola, at Samoëns village or drive up to the Plateau des Saix - Samoëns 1600

Road cycling: the Col de Joux Plane

Conquer the Col de Joux Plane, the mythical col of the Tour de France where the greatest cyclists have competed. A sporting but also tourist ride that will allow you to discover a sumptuous panorama. Its ascent by bike from Samoëns, apart from the sporting performance which requires a good level of conditioning, is an opportunity to ride over a marvellous balcony overlooking the valley, and then towards the Mont-Blanc massif in its most majestic profile.

Length: 27 km
max. 1704 m - **min.** 698 m
Difference in altitude: 1 170 m

X-Country mountain biking without cable cars: la Plaine and the village of Vallon

Starting from the Samoëns Tourist Office, this very easy circuit offers a peaceful ride through the vast plain of Vallon then a discovery of the very old village of the same name, divided into two parts, "Vallon d'en Haut and "Vallon d'en Bas". Vallon became a civil parish from 1730 and had its own land register. It was attached to Samoëns by imperial decree on 22 June 1811. This village is nestled under the "Criou" mountain which rises up to the Pointe Rousse, culminating at 2577 metres.

Distance: 6,3 km
Portage / pushing: no
Ascent: 50 mètres
Difference in altitude - : 50 mètres
Duration: 1 hour
Difficulty: easy

Mountain biking/VAE : the Samoëns chapels

Discovering the Septimontain heritage ! Explore Samoëns' chapels. . The bulbous bell towers with a baroque influence, can be seen at the corners of the paths reminding today's visitors of the the patient work of the craftsmen of the past. They also evoke the Savoyard human history.

Distance : 28 km
Difference in altitude: 745m
Duration : 3 hours
Minimum altitude : 668 m
Maximum altitude : 1063 m

03. VÉLO VERT FESTIVAL

VELO VERT FESTIVAL Samoëns

A very first for Samoëns

Samoëns has been a land of mountain biking for several decades and has hosted some of the biggest and most prestigious events: the Grand Massif Trans' the VTTicimes, the Mégavalanche, the Enduro Series, the Megawatt... It is therefore logical that the Vélo Vert Festival will take place in Samoëns this summer from the 3rd to the 5th of June 2022!

For the past 12 years, the festival has been gathering thousands of mountain bikers every first weekend of June. The Vélo Vert Festival has become the most important mountain bike exhibition in France and the world's leading mountain bike test centre. It is an opportunity to test more than 2,000 bikes and accessories made available by the 300 brands that are present. Through a rich and varied sports programme, take advantage of around fifteen events and activities adapted to both competitors and hikers, as well as to families.



To be discovered on site:

Exhibition/test centre: Come and test the bikes and accessories of your dreams!

In 2022, 10 test rides will be offered to you to try out no less than 2,000 products. From VTTAE to Gravel, X-Country and Enduro, you will surely find the ideal terrain and equipment that suits you, no matter what your level or your level or your practice.

The exhibitors will be ready to welcome you from Friday 3 June 2022 - 9:00 am to let you test the bikes and accessories of your dreams!

Electric Experience Lapierre

Discover the Electric Experience by Lapierre, the famous bike manufacturer from Dijon, the challenge that will electrify fans of singletracks, crossings, sensations and even the pulling of wads for the most energetic.

Check out the programme!

Lapierre Enduro

Thrills and chills, riding pleasure and the pure Enduro spirit. As fun and friendly as ever, the starts are in pairs every 20 seconds on 5 special tracks designed by Alex Balaud and following the Enduro World Series. A support event for the Auvergne Rhône Alpes Enduro VTT Cup !

Gravel Heroes Hutchinson

60 or 100 kilometres, be the hero of your Gravel adventure! Adventure, conviviality, discovery and timed sections, use your superpowers on the 2 formats of the race.

Mythic Ekoï and X-Mountain Schwalbe

The Mythic Ekoï and the X-Mountain Schwalbe are a summary of the most beautiful trails in the Alps. Between singletracks, freshly traced forest paths, anthology descents and physical portions, these 77 & 42 km races will enchant you...

All-Mountain Ride

As fun and majestic as ever, the All-Mountain Ride has a new identity starting from the Lac aux Dames leisure centre in Samoëns and using the Vercland and Morillon cable cars to take you to the Haut-Savoyard summits. Between singletracks, freshly traced undergrowth forest tracks and anthology descents, your leitmotiv is "100%" pleasure!

Cube Discovery Ride

Do you have the appetite for adventure? This ride, open to ATVs, will enable you to discover the wonders of Morillon and Samoëns. Put your senses to work to end your weekend in style!

Family Ride

Discover also the Family Ride, the most accessible trail to do with family and friends along the Giffre.

Veloctambule

On a mountain bike or VTC, come and join the night ride of the Vélo Vert Festival. Several routes are proposed to discover Samoëns under the stars.



Article ideas

- Vélo Vert Festival in Samoëns : the biggest MTB test centre in the world !
- Vélo Vert Festival in Samoëns : the first MTB Show with free access.
- The Electrically Assisted Mountain Bike, the pleasure before everything.
- The Gravel, a new discipline between road and mountain bike.
- Reconstruction through sport with the Fifty Fifty association: www.fiftyfifty-org.fr.
- Handisport with the discovery of the FTT (All-terrain wheelchair).
- 4-season development of mountain resorts: opening of ski lifts from the first weekend ski lifts from the first weekend in June.

03. VÉLO VERT FESTIVAL



Who can register for the Vélo Vert Festival?

The Festival Pass is open to all festival attendees aged 4 and over. It offers a 1 day or 2/3 day test option allowing access to the tests and the cable cars. In addition to this option, the Festival Pass gives basic access to the exhibition, events, activities, 1 t-shirt (first 1500 festival participants) 1 wristband, 1 bag, 1 frame plate.

The Premium Pass is open to all participants aged 4 years and over. It gives access to the exhibition, to the cable cars (Friday, Saturday & Sunday), shuttles, animations, activities, 1 t-shirt, 1 wristband, 1 bag, 1 frame plate, unlimited access to the competitions within the limits of the available places. It also includes a large number of gifts worth over 200€.

3 individuals who make the VVF



Jérôme PACE
Premium Ambassador of the Vélo Vert Festival

“ First BMX in 1982, first mountain bike in 1994, first full suspension in 2000. I live in the Gard, a territory and a climate that allow me to ride all year round on various terrains. I have a tendency to put aside the time trial or the number of completed kilometres, I am a hedonist and enjoy riding in beautiful places, on trails with my friends, an All-Mountain practice, offering exchanges with other riders and respecting nature and the people I meet.

I discovered the Vélo Vert Festival in 2013, during its 4th edition. I used to come regularly to ride in the previous host area of the event (Vercors), and one day I learned that the Vélo Vert Festival was coming to set up its wheels and its show on the first weekend of June. I registered and there I discovered an event with varied challenges, open to as many riders as possible, a real exhibition where you can test mountain bikes and accessories and activities for all. Beyond this combination of activities, I discovered the atmosphere of the festival with organisers who are close to the visitors, motivated volunteers, exhibitors and happy festival attendees. Since then, I register every year and I choose the Premium Pass to enjoy the event in a VIP mode.



Isabeau COURDURIER
World Champion Enduro MTB & Fifty Fifty ambassador

“ The VVF is the big mountain bike event that brings together passionate riders in a fun and friendly atmosphere. It's the perfect opportunity to get together with everyone in great conditions. I'm a bike lover who wants to see the discipline develop. Cycling has given me so much that I have been looking for a long time to find ways to share my passion. I have always been involved with women to promote mountain biking, and my meeting with Nathalie Grubac from the Fifty-Fifty association in 2018 was an absolute must for me. Since 2020, I have been involved with the association as a mentor and ambassador in a programme of reconstruction through the use of sport for women victims of violence.

Cycling is not only a sport, it also has health benefits both physical and mental. You just have to get on a bike for a ride to check it out! I am delighted and honoured to join the Fifty-Fifty team, with whom I share the same values. Fifty, with whom I totally share the values of diversity and commitment to reconstruction through sport. So here we are at the beginning of an exceptional human adventure supported by the Vélo Vert Festival in Samoëns!



Fred HORNY
Brand Activation Manager Southern Europe at Lapierre

“ My job is to ensure the communication of the Lapierre brand on the French, Italian and Spanish territories, as well as to manage media relations and marketing missions. My first experience at the Vélo Vert Festival dates back to 2013, I was already an exhibitor and worked at the Lapierre after-sales service.

As a professional in the field, the Vélo Vert Festival represents for me THE meeting place for conviviality around mountain biking. Being a partner of such a prestigious and large-scale event allows Lapierre cycles to stay close to festival visitors, and more generally, to everyday bike users, whether they are already on a Lapierre bike or will be in the future. The proximity, but also the professionalism and conviviality of the VVFestival make it the ideal event to exchange and build new projects. The races, but also the different themes proposed around the animations organised throughout the exhibition provide it an even stronger identity today. The range of activities is constantly growing, always around our common passion: mountain biking!

Tips for your stay:

Accommodation deal : from 75€ in a studio for two nights.

Contact : Samoëns Booking Service
+33 (0)4 50 78 62 50
www.reservation.samoens.com

04. Unique EXPERIENCE



With friends : Survival experience

Discover the mountain in a different way: in a survival mode, by living a real immersion. A hike for everyone to discover the mountain and its secrets, but also to learn how to preserve its unique nature. Participants will learn the techniques for surviving in the mountains: finding their way, orienting themselves, protecting themselves from the cold, making a fire, staying well hydrated, eating, using equipment, etc... An adventure as close to nature as possible to discover the mountains as you have never seen them before!

Rate: 1/2 day = 130€ / day = 200€ .



- NEW -

On your own: try out speleology

Alpine speleology technique in the Ermoy Samoëns cave. At the bottom of of the Criou, world famous for the depth of its caves known for centuries, initiation to rope techniques and then abseiling down the 11m deep hole and back up on a fixed rope using rope clamps.

using the rope clamps.

From 14 years old, for people with previous caving or climbing experience. Groups of 6 people maximum. Technical equipment provided. 25mn approach walk in mountainous terrain with a particular geological interest. No risk of flooding.

Price: "Le grand rappel" from 54€/pers.

With your best friend: the Afghan walk

Synchronise your breathing with the rhythm of your steps for a regenerative walk. A relaxing and almost meditative experience. Considered as an "active meditation", the Afghan walk, originally practiced by nomads on the high plains, combines relaxation and a better management of your effort in the mountains.

With the help of a few breathing exercises, you are invited to walk faster and further without getting tired!

Price: 24€ for half a day and 36€ for a full day.



- NEW -

In couple : suspended tent

Experience an unusual night in the Giffre valley! Sleep on the cliffs on a tent, a double bed suspended above the cliff. Combined with a climbing session, an abseiling, this night of vertigo will leave you with an unforgettable souvenir. Thrill in complete safety, supervised by a professional..

The night on the tent: from 275€/pers.

350€ for 1 person or 550€ for two people.

04. Unique EXPERIENCE



With your family: a night in a hut

Huts are often perceived as being reserved for experienced mountaineers, we don't necessarily imagine them as being places intended for families, especially for young children. The Folly hut, perched on the Criou (the famous mountain overlooking Samoëns), is easily accessible after a 2-hour hike from Samoëns. It is a friendly place, open to everybody, and offers comfortable family rooms. It offers an incredible panorama on the Giffre valley and its surrounding peaks. The hut welcomes hikers of all ages for a short break, lunch, dinner or for a night... An opportunity to share a convivial moment, meet new people or just rest for a while before setting off again!

**Prices of the hut: Overnight stay: 12€.
1/2 board: 45€.**

Huts to discover

In order to discover Samoëns from all its angles, 5 refuges are open in summer so that you can enjoy an exceptional natural setting and escape into wide open spaces.



THE GERS LAKE HUT (1,533 m)

♥ Quite easy
⌚ 2h to 3h40
⇒ 409 to 846m of ascent

THE BOSTAN HUT (1 763 M)

♥ Easy
⌚ 2h
⇒ 673m of ascent

LA GOLÈSE HUT (1 671 M)

♥ Quite easy
⌚ 1h30
⇒ 575m of ascent

THE CHARDONNIERE HUT (1 360 M)

♥ Easy
⌚ 3h
⇒ 656m of ascent

FOLLY HUT (1 558 M)

♥ Quite easy
⌚ 1h45 to 2h
⇒ 561 to 699m of ascent

For children: Children's special hike

Every Wednesday, bring your children for a walk with mountain guides for a day full of benefits; during an easy walk in the surrounding mountains, they will discover small and large animals as well as colourful flowers... Themed games, picnics, and new friends will give rhythm to this mountain getaway!

Price: 28€.



Children's course - NEW -

LITTLE MOUNTAIN BOY COURSE

You are between 6 and 12 years old and you want to discover the mountain through the different activities that it offers. Join us to discover or improve your climbing, caving and hiking skills. Over three half days you will be able to acquire techniques but also broaden your mountain culture. Ready to follow us for new adventures?

Price: from 99€/pers.

MOUNTAINEERING APPRENTICESHIP COURSE

You are between 13 and 17 years old and you want to get high? Do you want to see higher? This two and a half day mini course will allow you to learn the basics of climbing and mountaineering. Ready to put on your boots and crampons? Come and discover the high mountain environment with us. Good physical condition (several hours walking). Technical equipment provided.

Price: from 175€/pers.

05. MOUNTAIN BREAK

In Samoëns, 48 hours at the top



The quietness of a semi-pedestrian village resort. Samoëns seduces by its calm and its almost thousand-year-old stones part of its patrimony. You can stroll in its centre, built on the ruins of the Montanier castle, strolling from its old church to its old market, close to the famous Gros Tilleul, planted nearly 600 years ago in honour of the duke of Savoy Amédée VIII. You can just hear the whistle of a few electrically-assisted bikes that now allow you to discover the village and its surroundings.



DAY 1

8am: Departure for a morning hike

From 700 to 2120 meters of altitude, from beginners to advanced hikers, there is always something for everyone! As you stroll along, you will be surprised by the incredible landscapes and exceptional views of the entire Giffre valley or the Mont Blanc chain. For the more experienced, try to climb the Criou, the emblematic summit of Samoëns, a formidable viewpoint over the Giffre valley. No other hike has such a continuous aerial character. The splendid lapiaz of the Criou mountain host one of the deepest caverns in the world.

TOP Departure



11 am: Explore a remarkable garden : La Jaÿsinia

La Jaÿsinia is a unique botanical garden, designed by Marie-Louise Cogancq-Jaÿ (1838-1926), a Parisian businesswoman who was born in Samoëns and who donated the garden to the municipality. The botanical garden was designed and built on the cliff overlooking the old Samoëns. Its creation dates back to 1903-1906. It covers three and a half hectares and hosts an exceptional collection of trees and plants from the mountains of the whole world. Its sensibility also reflects a feeling for nature as conceived by the city dwellers of the "Belle Epoque". Created and maintained with artificial means but in honour of the wildlife, the garden impresses with the beauty of its paintings, some of which are worthy of Renoir's most beautiful undergrowth.



Unmissable



12pm: Lunch at la Table de Fifine

La Table de Fifine is a typical Savoyard restaurant that brings the warmth and authenticity of the Alps to its guests, in an atmosphere that recreates the evening gatherings of the past. The menu offers Savoyard specialities made from local ingredients, but also a cuisine where everything is fresh and cooked by an inspired chef, respecting authentic flavours, sometimes a little unconventional.



MIAM

05. MOUNTAIN BREAK

In Samoëns, 48 hours at the top



Even
HIGHER

3 pm: Try out paragliding

Samoëns is one of the most popular paragliding spots in the region. Thanks to its location at the bottom of the valley and to the always favourable aerological conditions, Samoëns is the ideal place to experience your first paragliding flight while contemplating the beauty of the majestic landscapes of the Haut-Giffre valley from the sky.

Prices: from 75€.



So
Delicious !



4 pm: Snack at "À la Jaÿsinia"

Thierry Froissard was crowned world pastry champion in 1989, but also Meilleur Ouvrier de France in the "sorbet and ice cream" in 1994. In 1998, he installs itself into an authentic 1880 house "A la Jaÿsinia" where he created his pastry shop, chocolate factory and tea room which is now a must during your stay in Samoëns. In summer, it is the ideal place to taste some of the finest desserts as well as his speciality, the Septimontaine cake! ! This very popular pastry shop offers short circuit products so that the taste is as representative as possible of the flavours of the region. For example, the ice cream is made with milk from Les Vallons, the butter comes from La Roche sur Foron and the flour from St Pierre de Faucigny.



...Memories...

5 pm: A tour of the Clos Parchet Ecomuseum

The Clos Parchet Ecomuseum opened its doors in 1994 and testifies to the agricultural past of Samoëns. Pierre Déchavassine and his wife Simone wanted to share their life and that of their ancestors. This farmhouse, furnished in the spirit of the 19th century, evokes the life of that period with the reconstruction of a traditional kitchen (cuzna), a living room (peel), the stables, the hay barn and the annex buildings of the time (bread oven, granary shed...).

Price: 4€50/child - 7€50/adult.

Tasty



8 pm: Dinner at 8 M des Monts

A short and efficient menu, a selection of good products, supporting organic ingredients and short circuits, and a charming welcome: these are some of the some of the assets of this restaurant located on the village square. Another advantage, the dishes change regularly: a good reason to come back as soon as possible!

Sparkling



Overnight at La Ferme d'en Bas

At the bottom of the famous Criou mountain you will find the guest rooms of the Ferme d'en Bas. Within a typical Haut Savoyard decor, Véronique and André warmly welcome you. Enter the friendly atmosphere of this superb farm where the style of the rooms is particularly appreciated. Furnished with care, in accordance with the architecture and decoration of the mountains, they promise you a peaceful and relaxing night's sleep. The hosts will make you discover the specialities of the region throughout breakfasts and gourmet dinners with local flavors. The mountains have never been so sweet!

Price: from 89€ per night, breakfast included.

DAY 2

9 am: Via Ferrata

A combination of hiking and climbing, horizontality and verticality, the via ferrata is an authentic activity to discover with the whole family. The itineraries are equipped with cables, metal rungs, footbridges, to facilitate the course, which is nonetheless athletic. Whether you decide to do the activity independently or accompanied, it's a nice moment that you can share with the whole family.

Equipment hire from 12€.

Accompanied activity from 45€.

From 8 years old.

Breathtaking



05. MOUNTAIN BREAK

In Samoëns, 48 hours at the top

11 am : Adventure path, for the whole family!

In the middle of the trees of the Lacs aux Dames forest, come and play the adventurers in family. Thanks to the adventure path "Indiana Parc", young and old will be able to enjoy a lot of balance and sensations. The adventure park of the Lacs des Dames, it's more than 2h30 of adventure and laughter for the whole family and for all levels!

Base de loisirs, Lacs aux Dames / From 11€.



For everyone

12 am : Lunch at the Estanco

Restaurant right in the middle of the village which welcomes your taste buds to enjoy modern, home-made dishes with fresh products. A modern and refined decoration, and a large outdoor terrace for the delight of visitors.

Some reviews :

★★★★★

We had a wonderful evening in this restaurant. Installed on the terrace with a view of the Criou we enjoyed our dinner. The dishes are refined and delicious. The staff is very friendly and attentive. We will definitely return.

★★★★★

From start to finish, excellent products worked with a beautiful originality. Ex: pumpkin crumble with a goat cheese ice cream... a delight. Perfect service and pleasant staff. Excellent wine served per glass a wide choice. An address to remember and to return.



★★★★★

Excellent address. By chance and to find a little more refined food... superb discovery.



2 pm: Hydrospeed

Equipped with a float and a set of flippers, jump into the water and learn how to interact with the river. If the water level allows it, go ahead into the gorge! With a maximum of 8 people per instructor, we will explain you all the necessary manoeuvres. Each stop will be an opportunity for new advice. We will take the time to offer you exercises, so that your descent goes smoothly.

Price: from 40€.



It slides!

Choose from the following thrills and spills

Raft down the Giffre river

Rafting is practiced on an unsinkable boat designed for water sports. Both amusing and sporty, it allows you to share an aquatic ride or a thrilling adventure. From Sixt, you will cross the plain of Samoëns and its tumultuous rides to finally arrive at the the Giffre bridge.

Price: from 30€.



Blending water and rock while canyoning

Come and discover canyoning! Water slides, jumps and and abseiling down waterfalls are offered in a magnificent natural setting where the water flows through the sculpted rock.

Price: from 39€.



17h: Wellness break with Roxane

The mountains are a synonym of disconnection, resourcing, union with nature... For a relaxing or detox stay with friends, Samoëns offers many "smooth" activities in harmony with nature and the environment...

"The 5 senses in 3 steps" is a workshop to discover your 5 senses, proposed in several steps by Roxane, massage practitioner, and Mathias, mountain guide and naturalist.

The workshop starts with an energizing Japanese self-massage (DO-ING), followed by an instinctive walk that will enable you to discover the flavours of wild and culinary plants, which Roxane and Mathias will even make you taste them during a little break in the middle of nature!

Prices: adults: 35€ / children: 30€.



Crush



06. HIGHLIGHTS

of the 2022 summer season

Le Vélo Vert Festival from 3rd to 5th June 2022

The Vélo Vert Festival is a reference in terms of outdoor exhibitions and is recognised as the world's largest mountain bike test centre. The festival will also offer a rich and specific sportive programme for all types of riders (pros, amateurs and families).



The 13th edition of the Botanical Days June 11th & 12th, 2022

The Jaysinia is one of the most beautiful alpine botanical gardens in France. At the occasion of the 13th Botanical Days, visitors will be able to live a unique sensorial experience in the middle of the 2 500 species of mountain plants found in this place! The story of Marie Louise Cognacq Jaÿ and the creation of the Botanical Garden in 1906 will be presented, including the ancient gardening techniques. During 2 days, the garden, the castle's stables and the streets of the village will be transformed into a veritable place of pilgrimage to recharge one's batteries while cultivating oneself!

Ultra-Trail® du Haut-Giffre 9th edition from 16th to 19th June 2022

In only 8 editions, the Ultra Trail du haut Giffre has become an inevitable event in the world of mountain races with approximately 2,000 participants each year. With 8 races on the programme, from the mini cross-country race for children or the "au fil du Giffre" (9km) to the ultra Trail du Haut-Giffre (96km) or the ultra tour des lacs des cimes (124km), there is plenty of choice for those who want to discover the mountains in a sporting way in an exceptional natural setting! sportive dans un décor naturel exceptionnel !



06. HIGHLIGHTS

of the 2022 summer season

Samoëns American Festival 13th edition from 30th June to 3rd July 2022

During 4 days, Samoëns will be set in the American time. In a western atmosphere, visitors will experience a unique moment to the rhythm of country music, line dancing shows, equestrian demonstrations and beautiful American vehicles such as the famous Harley Davidson motos. Dancing workshops are organised for those who wish to learn country music and an American market will allow you to discover the American culture.



Samoëns and Giffre Mountains Lyric Festival from 15th to 31st July 2022

The Europa Musa Academy becomes the Samoëns and Giffre Mountains Lyric Festival.

The spirit of discovery and sharing continues. An orchestra of forty musicians, a group of outstanding soloists, invited groups, unusual moments and, of course, a great masterpiece performed at the end of the residency.



World Mölkky Championship 2nd edition from 18th to 21st August 2022

This Finnish game is becoming more and more popular and Samoëns will host this championship for the 4th time.

In a stunning setting, on the Bois aux Dames leisure centre, teams from all over the world will compete! This competition is open to everyone.



07. MAJOR EVENTS



3, 4 & 5 JUNE VÉLO VERT FESTIVAL

The leading outdoor exhibition and the world's largest test centre for MTB in the world.



11 & 12 JUNE BOTANICAL DAYS

Botanical garden, conferences, workshops, visits, exhibitions...



FROM JUNE 16TH TO 19TH ULTRA-TRAIL® DU HAUT-GIFFRE

One of the biggest and most beautiful mountain trails in the Valley.



FROM JUNE 30 TO JULY 3 SAMOËNS AMERICAN FESTIVAL

Come dance and immerse yourself in the American culture for a weekend.



FROM JULY 15 TO 31 LYRICAL FESTIVAL

On the programme, classical music and opera.



THURSDAYS FROM JULY 17 TO AUGUST 25 F'ESTIVAL LES PÉPITES

Every Thursday during the summer, Samoëns offers you a high quality musical program.



JULY 24TH ADOPT A COL

Fellow cyclists, come and enjoy this emblematic col and its breathtaking scenery.



AUGUST 7TH THE GUIDES' PARTY

The guides are honoured for an afternoon among many mountain activities..



AUGUST 14TH THE CRIOU VERTICAL KILOMETRE

The shortest and steepest in the world!



AUGUST 14TH TO 19TH CRIOU CELTE FESTIVAL

Featuring musicians and dancers from the town of Wesport, Ireland and other Celtic regions.



FROM AUGUST 18TH TO 21ST WORLD MÖLKKY CHAMPIONSHIP

Many nations of the Finnish bowling game will come to compete.



SEPTEMBER 25TH SAINT MICHEL'S FAIR

Agriculture, culture and nature go hand in hand.



FROM OCTOBER 21ST TO 23RD WELLNESS MEETINGS

Come and enjoy a moment of relaxation and well-being, with numerous professionals from the Giffre valley.

ACCES

Samoëns is 15 minutes from the A40 motorway and is served by a secondary road. There are no high mountain roads, which means that visitors cannot get stuck on the road leading to the resort.



20 minutes from the A40 motorway exit, Samoëns is 590km from Paris, 210km from Lyon and only 50km from Geneva.



TGV from major French cities and TGV Lyria to Geneva (50km). Léman Express lines (Geneva - Annemasse - Cluses) then bus to Samoëns.



Geneva international airport is less than an hour away (50km) and Lyon Saint Exupéry is 2 hours away (190km).



Railway station at Cluses (20km), Bellegarde (70km) or Annecy (75km).

08. Good deals for YOUR STAY

For more information, please contact:
Booking service on +33 (0)4 50 78 62 50
or reservation@samoens.com

Thrill
stay →

Cycling break

Discover the mountain bike paths and trails of the Giffre valley and the Grand Massif.

Advanced and beginner mountain bikers will enjoy the quality of the trails, which have been confirmed for the competitors of the French Enduro Series Cup. All on board for a 100% cycling stay at the resort hosting the Vélo Vert Festival!

Price: from 260€/pers.

Stay including: studio rental for 7 nights + mountain bike rental for 6 days.



Passionate stay

A full range of thrills and spills. Here, a wide range of activities in the middle of nature to fully enjoy the summer season and and recharge your batteries.

You can choose between a paragliding flight, a rafting/hydrospeed or a canyoning trip.

Price: from 280€/ person.

Stay including : the rental of a studio for 7 nights + 1 thrill activity



Let's
go!



Hiking stay: the Tour des Dents blanches

The Tour des dents blanches is an alpine hike between Switzerland and France.

The hike is easily accessible either from the Swiss side from Champéry or on the French side from Morzine, Sixt or Samoëns.

Nature lovers, follow the trail of the smugglers. Discover this Franco-Swiss itinerary combining mid-mountain and alpine passages on the Dents Blanches limestone massif overlooking the Haut-Giffre valley in Haute-Savoie and the Val d'Illiez in Valais. The sudden passage from the softness of the the wild beauty of the steep rock faces is like a dream and a wonder. You will pass from one country to another, between Switzerland and France, without even realizing it. The various gîtes, refuges huts and cabins along the route will allow you to organise your stages as you wish, to stay, have a meal or simply a refreshment.

Price: from 107€/ person.

Stay including: nights in a dormitory with full board without drinks.



≡ Dream
stay ≡

Well-being stay

Are you looking for well-being? Take advantage of your stay to refocus on yourself and spend moments of absolute relaxation, by discovering activities such as sensory massage, afghan walking or outdoor yoga. A relaxing and almost meditative experience that allows you to recharge your batteries!

Price: from 200€/ adult.

Stay includes: rental of a studio for 7 nights + a wellness activity.





Samoëns

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