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PRESS KIT
SPRING
SUMMER 2026

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EDITORIAL

Just like echoes in the mountains that repeat and reverberate endlessly, the aim of this press kit is to spread the season's news with an amplified effect.

Staying with the analogy of sound waves, the press kit covers a wide variety of topics. It is designed to be listened to as well as read, with audio interviews accompanying certain key topics.

So get your headphones on and away we go!



PLAYLIST

NEW THIS SUMMER

AN OVERVIEW OF THE LATEST NEWS



[MEDLEY] PLANT PICKING AND DISTILLING HIKE

On the *Versant du Soleil*, a DIY day in two parts: a hike to pick a (reasonable quantity of) local plants. Later, at the distillery, a liqueur is made by using the plants picked in the morning, for a unique creation.



[CHILL-OUT] HOMEBOARD® SESSION WITH A VIEW OF MONT-BLANC

Inspired by the shape of a surfboard, this wooden balance board is used to practice body movements. Its slight instability improves balance.



[PUNK ROCK] 6D CRÊTES TRAIL RACE

A race in the mineral setting of the mountain ridges: the 6000D completes its offering of races for adults with a 21 km course that follows the line of three peaks rising to over 2,400 m.



[PAN PIPES] A 'GOOD VIBE' WALK WITH ALPACAS

In the wooded areas around the villages of *Montalbert* and *Montcharvin - Les Coches*, a 1½ hour guided hike accompanied by five alpacas, adorable fluffy toy-style cousins of the lama.



[ZEN] 360° YOGA RETREAT AND PASS

Following the success of the aerial yoga sessions with *Mont Blanc* in the background, five day rejuvenation retreats and yoga passes are now available in the resort's altitude sites, offering an experience that has been expanded to include complementary activities (Hatha yoga, Yin yoga, etc.).



[COUNTRY] CHEESE FONDUE GETS OUT AND ABOUT

As a culinary reward after a day hike through the pastures around *Montalbert*, a traditional cheese fondue to be shared in the great outdoors.



SLOW MOVES

DISCONNECTING

A selection of snail-like ideas (slowly, but surely!), with optional shells to reconnect to oneself and to nature.



DETOX COMBOS

FASTING RETREATS: LIVING ON HIKES AND FRESH WATER

A 6-day introspective retreat in a small hamlet just outside the Vanoise national park in the Champagny-le-Haut valley.

The combination of walking and a gentle detox regime based on water, herbal teas, fruit juice and vegetable broth has a number of virtues : a deep cellular regeneration, fewer stress-related inflammations, more vitality, peace of mind through movement and contact with nature, leading to mental clarity.

- ⌚ Retreats organised late June to late August by Chemin de la Santé since 2014
- ⌚ Price: from € 1,190 / pers. Single room accommodation with private bathroom available
- ⌚ Includes: hikes in the mountains, conferences, workshops and wellness technique classes, spa. Optional wellness treatments
- ⌚ Options include 'Long hike', 'Easy Pilates hike' and 'Yoga hike'

www.chemindelasante.com



LA RANDO PIANO (PIANO HIKE), A HIGHLIGHT OF LA DOLCE VITA

This 10th anniversary edition of Montalbert's wellness theme days will be held 21 - 23 July 2026. One of the highlights will be the 'Piano hike' on Wednesday 22 July with professional pianist and mountain guide, Alexandre Guhéry. **After walking, participants will gather around a piano set up outdoors** for a timeless and poetic interlude.

www.la-plagne.com

DUO OF AFGHAN WALKING + YOGA



Also known as conscious walking or yoga walking, this technique was inspired by Afghan nomads who use it to walk long distances while minimising physical exertion. The secret lies in synchronising the rhythm of your steps and breathing in through your nose. In Montalbert, it is the perfect way to prepare for an outdoor Hatha yoga session.

- ⌚ Monday afternoon
- ⌚ Price: 25 € / pers.

www.rando-montagne.fr



DETOX COMBOS

YOGATHLON WITH NATINA YOGA

Nathalie is a solar yoga teacher specialising in Hatha yoga, Yin yoga and aerial yoga. A mix of daily practices that combine movement, breathing and connection with the body. **Most sessions are held outdoors, with Mont-Blanc as the backdrop.**

Because each activity offers complementary benefits, Nathalie is offering new packages and passes for full relaxation with no holds barred!



The mountains are the perfect setting for a session of yoga. They naturally encourage participants to slow down, breathe more deeply with the altitude and really connect with nature.

NATHALIE OWCZARZAK
Yoga instructor



HomeBoard® lessons

Although it looks like a combination of a surfboard and a paddleboard, this wooden balance board is definitely to be used on firm ground!

The size of a yoga mat, it is the perfect accessory for anyone looking to intensify their yoga and pilates sessions. What is its connection to La Plagne? Its Breton designer, who is an osteopath, divides her time between La Plagne and Plouharnel

🌀 Price: 20 € / 1hr session



Immersive retreats of 5 days & 4 nights
8 - 12 July & 26 - 30 August 2026

Includes: 3 aerial yoga, 2 Hatha yoga and 1 Yin yoga sessions, an e-bike ride and creative or personal development workshops in the evening, accommodation in a chalet and full board with healthy, vegetarian meals.

🌀 Price: 650 € / pers.

Weekly pass available all summer

Includes: 1 Hatha yoga, 3 aerial yoga and 1 Yin aerial yoga sessions. Optional: HomeBoard® classes and introduction to Hammock*.

🌀 Pass valid Sunday to Friday

🌀 Price: 129 € to 159 € / pers.

*Circus act that uses aerial silks to perform acrobatic moves and dance movements in the air.

www.natinayoga.fr



IN TOUCH WITH THE ELEMENTS

FOREST BATHING

Sophrologist Karine organises **forest bathing sessions** in the forests around *Montalbert* and *Montcharvin - Les Coches*. With feet firmly on the ground, this sensory immersion allows a full reconnection between oneself, the ground and nature in the broadest sense. **The visual and tactile contact with the trees** offers therapeutic benefits, particularly mood-related, but also on the nervous and immune systems. Larches, in particular, have soothing and balancing properties that are recognised by herbalists.

- 🕒 Two x 2hr sessions per week in *Montalbert* and *Montcharvin - Les Coches*
- 👤 Minimum age 10
- 💰 Price: 22 € / pers. (17 € -18 yo)

NATURE WALK BY THE WATER'S EDGE

A 3-hour outing that features a **walk through a mountain stream**, offering a refreshing and educational introduction to water in the mountains: the water cycle, aquatic wildlife, etc. This fun water-themed outing is great for the whole family, including children aged 6 and over (accompanied by an adult).

- 🕒 Tuesdays, 2 - 5pm
- 💰 Price: 25 € / pers.

www.plagne-evasions.fr



ENJOY A CHEESE FONDUE IN THE GREAT OUTDOORS

The success of the outdoor fondue in winter has encouraged mountain guide

Alain to offer the same formula in summer.

After a panoramic ride in *Montalbert* gondola, there is an easy scenic and educational walk in the area around *Le Fornelet*. Alain also specialises in medicinal plants and wildlife observation. One of the highlights of the outing is a cheese fondue eaten outside, or in a mountain chalet if the weather is not favourable.

- 🕒 Hike from 10am to 4pm with fondue for lunch
- 💰 Price: 60 € / person (lift ticket not included)

www.rando-montagne.fr



PICKING LOCAL PLANTS TO MAKE A UNIQUE LIQUEUR

Mountain guide Raphaël and artisan distiller Dorian both love their own corner of the mountains on the *Versant du Soleil*, so they have joined forces and expertise to offer a unique day-long excursion. In the morning, there is a **hike to pick local plants** (fir buds in spring, gentian in autumn...). The afternoon begins with a tour of the distillery in *Chantemouche*, where everything is 'homemade' from gathering the plants to the maceration process. **A liqueur is then made by using the morning harvest**, DIY style. There are tastings and an introduction to stills, production methods and the craft in general. As a reward, each participant goes home with their own unique liqueur creation, as well as a bottle from the distillery.

- 🕒 6 June & 20 September 2026 (other dates on request)
- 💰 100 € per person (lunch not included)
- 📍 [distillieriedechan+emouche](#)



The pleasure of distilling is in recycling the residue of local wines and picking fruits and plants found near my house, like blueberries, larch buds, genepi or gentian root.

DORIAN CHENAL
Artisan distiller



PRICK UP YOUR EARS

ANIMAL ADVENTURES

Animals have the amazing capacity to boost the popularity of hiking to the highest level, especially with the younger generation!



HIKING WITH ALPACAS

It's hard to resist the cuteness of these animals that look just like large fluffy toys. Since last autumn, Manon has acquired Machu, Cuzco, Nazca, Fuji and Lhotse, her five alpacas. They are **excellent walking companions** on easy trails. During the hike, they are the main topic of conversation to learn more about their lifestyle, how they differ from lamas and how they have adapted to life in the Alps.

- 🕒 1½ hr walks from Montalbert and Montcharvin - Les Coches
- 🕒 Price: 30 € / pers.

www.linktr.ee/alpatreck

TRACKS AND CLUES HIKES

A walk that feels like a wildlife survey to find out which animals roam the mountain forests.

Accompanied by Guillaume, participants hunt for the tracks and clues that reveal the presence of deer, wild boar, foxes, hares, martens or wolves, as well as by checking the hidden cameras.

- 🕒 Thursday afternoons
- 🕒 Price: 25 € / pers. (under 12s - 20 €)
- 🕒 Minimum age 8 (whether alone or accompanied)

www.plagne-evasions.fr



HORSE RIDING BY NIGHT ON A HENSON HORSE

With these sandy-coloured companions that are perfect for equestrian tourism, the little expedition sets off on the forest trails of Champagny-le-Haut at dusk. At the halfway point, an aperitif made with fresh, local produce comes out of the saddlebags and is laid out in a clearing by the light of the headlamps. **The ride back takes place in complete darkness, with total trust in the mount who sees perfectly in the dark.**

- 🕒 Minimum age 12
- 🕒 Price: 75 € / pers.

www.fermeequestre-lechaletdesvignobles.sitew.com

ON THE WAVES

EVENTS CALENDAR



campagne
première

ARTIST RESIDENCES
[CULTURAL EVENT]
Spring-summer 2026

In collaboration with the 'Campagne Première' association, three artists' residencies are being held. The aim is to support contemporary creation by forging lasting links between art and mountain audiences. One of the programme's highlights is an immersive work in Aime's thousand-year-old basilica, with a buffet to share on the tableware created by artist Pierre Boggio.

www.la-plagne.com



INTERNATIONAL
CHESS FESTIVAL
4 - 10 July 2026

Belle Plagne, more than 2 000 m above sea level, is hosting the 6th edition of the International Chess Festival, where passionate chess enthusiasts and Grand Masters from all over the world get together. The stakes are higher from one year to the next and the prize pot for 2026 has risen to 30 000€! Onlookers are welcome and can join in with fun introductory sessions and a giant-sized chess board.

www.la-plagne.com



SUPER8
[MTB & E-MTB*]
11 & 12 July 2026

6th edition. Under the aegis of its ambassador Jérôme Gilloux, a four-time e-MTB World Champion*, SUPER8 is a race with demanding courses for seasoned mountain bikers, that also aims to open the activity up to young riders.

*electric mountain bike

www.super-huit.com



FRENCH CANOE-KAYAK
CHAMPIONSHIPS
13-18 July 2026

On the legendary Isère river, a mecca for white-water sports in France due to its high technical level, the sprint events will follow the slalom events in one and two-person canoes and in kayaks. Over 350 competitors are expected in each of the two disciplines.

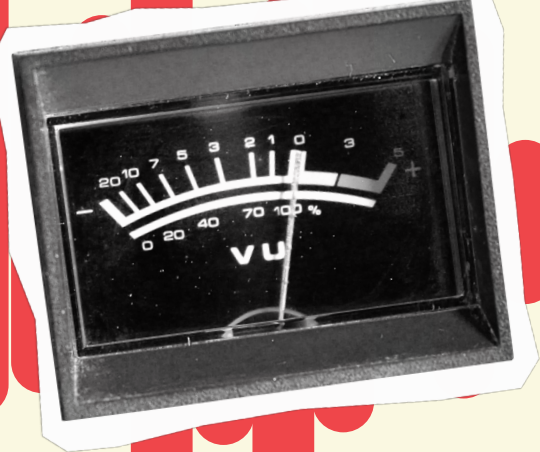


LA 6000 BY DARE 2B
[TRAIL]
30 July - 1 August 2026

After achieving record registration in 2025 with over 5 000 participants, the legendary La 6000 trail race has confirmed its status as a must-do on the trail calendar. This 36th edition offers a new and dizzying course, the '6D Crête', the latest of the seven courses for adults.

Further info p. 9

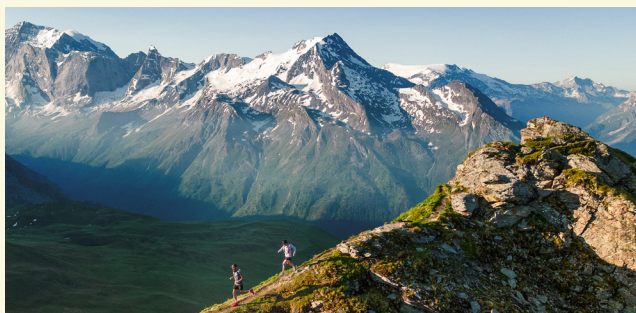
www.la6000d.com



HIGH FREQUENCY

THE LATEST SPORTS NEWS

[LA 6000 BY DARE 2B - 36TH EDITION]



THE 6D CRÊTES

On Thursday, 30 July 2026, a new panoramic trail race will be opening the traditional La 6000 trail running weekend. Following the line of three emblematic mountain ridges, the 6D Crêtes is the latest addition to the seven adult races proposed for the event, and it promises to be the most dizzying of them all!

Technical specifications

- ⌚ Length: 21 km
- ⌚ Elevation gain: 1 350 m
- ⌚ Altitude start and finish: 1 979 m
- ⌚ Highest point of the race: 2 556 m
- ⌚ Prices: 22 € to 34 €

www.la6000d.com



LA 6000 PREPARATION AND RECONNAISSANCE COURSES

On the same basis as the 'intensive weekends' adopted by many trail runners preparing for a sports event, Encap/Montagne is proposing a 2-day reconnaissance of the routes of the main La 6000 races. It is like a dress rehearsal that really makes sense for this atypical route (a long climb followed by a long descent over 69 km) and the range of terrain from the valley to the high-altitude area; some portions are rolling, others highly technical, particularly on the glacier (scree, snow, etc.). The course offers the perfect conditions for participants learning to pace themselves, test the equipment and find the best nutrition strategy. This physical and psychological immersion a month before the event leaves time to recuperate before the big day. The sessions are supervised by Raphaël Chenal, a mountain guide who knows every corner of La Plagne and who has competed in La 6000 several times, including a 34th place.

- ⌚ 27 & 28 June 2026: La 6D Marathon course 110 € / pers.
- ⌚ 4 & 5 July 2026: La 6000 course 130 € / pers.

www.encap-montagne.fr



[OXYGENATION COURSES TOP 14]

For the 5th season in a row, La Plagne will be using its sports field nestled 2 000 m above sea level as a base camp for rugby training.

- ⌚ 20 - 24 July 2026: Oyonnax
- ⌚ 9 - 14 August 2026: Castres Olympique
- ⌚ 16 - 21 August 2026: ASM Clermont

[ALTITUDE TRAINING]

Every summer, the sports 'academies' host young athletes and young visitors to the resort for training in a range of sports, in the spirit of openness that the resort likes to promote.

- ⌚ La Plagne Trail Running Academy: 27 - 29 August (beginners), and 12 - 14 August 2026 (advanced)
- ⌚ La Plagne Fighting Academy: 3 - 7 August 2026 - with Édouard Bernadou, multiple world kickboxing champion.

www.la-plagne.com



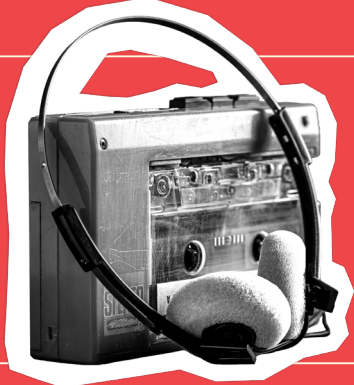
PÂTES & PLUS

Get a fill of delicious slow-release carbs: fresh pasta, ravioli, lasagna, sauces and desserts made on the premises. On-line grocery service: dishes for lunch and dinner, as well as 'pasta kits' to take away and prepare at home. Based in Aime.

www.patesplus.fr



PÂTES & PLUS



WALK (W@)MAN

PORTRAIT OF SABRINA,
THE 'GUARDIAN ANGEL'
OF HER HEAVENLY REFUGE

Heading to the little Plan des Gouilles refuge in Champagny-en-Vanoise, to meet its keeper, Sabrina André. Tucked a 2½ hour walk away from civilisation, she single-handedly manages daily life in the refuge, from cooking to serving, welcoming hikers and cleaning, all without WIFI, running water or electricity!



I don't want the refuge to become a high-altitude hotel, I prefer to preserve its rustic authenticity!

SABRINA ANDRÉ
Refuge keeper

Originally from Paris, Sabrina lived in Colombia and Spain before coming to Grenoble and then deciding to settle in the mountains. After four summer seasons as a warden's assistant, she qualified as a mountain refuge keeper, a diploma that meant that, 9 years ago, she was able to apply for the job of her dreams: running the refuge on her own. If you ask her if she considers her job to be unusual, she will tell you she thinks it is more unusual is to be cooped up in an office!

A WELL-PACED AND STRUCTURED ORGANISATION

A season represents a marathon of 4 to 5 months. It all starts in spring, making jams and compotes and stocking up on dry goods, before the sole delivery by helicopter in May. Next, like any good housekeeper, Sabrina organises the whole season: the evening meal consists of a single set menu of diot sausages with lentils followed by chocolate cake (there is no risk of people getting bored of the food since they only stay one night!). With no fridge, the cellar is a major asset, particularly for storing sausages, hams, cheese, eggs, apples and onions. The bread, cakes and Sabrina's signature 'Mont Pourri'* omelette are made daily in the refuge.

Eggs (Sabrina goes through 1,200 eggs over the summer, no less!) and other little extras are brought by friends and family, who never turn up empty-handed. They leave just as laden, taking the little waste produced on site back down.

**A sweet and savoury omelette made with bacon, apples and Beaufort cheese, a recipe she learnt when she was first working at the Mont Pourri refuge.*

THE RESPONSIVENESS NEEDED WITH THE RESOURCES TO HAND

Sabrina has to be available 24/7 since occupancy of the refuge is unpredictable and its visitors have different routines, with mountaineers wanting breakfast between 2 and 3am, then hikers coming along for a second service between 5 and 7.30am. Then there are the day visitors who come just for lunch or tea. In the height of the season, she only gets 4 to 5 hours sleep a night at most.



[REFUGE INFO]

- ⌚ 40 beds (small capacity)
- ⌚ 2,347 m above sea level, at the foot of the Grand Bec glacier
- ⌚ 700 overnight stays on average (the least frequented refuge in Savoie, due to its remote and little-known location, but Sabrina has set herself the goal of raising its profile)
- ⌚ Staffed periods: Ascension and Whitsun weekends, then 30 May to 7 September 2026
- ⌚ Prices: 53.85 € / pers./ night with ½ board
- ⌚ Access: 2½ hr walk (900 m elevation gain) on a marked path leaving from Champagny-le-Haut. It is located a 2¾ - 4 hr walk from the nearest other refuges on the Tour de la Vallaisonnay.

www.refugeduplandesgouilles.fr

THE REFUGE WILL
BE CELEBRATING ITS
50TH ANNIVERSARY
ON 11 & 12 JULY 2026



SOUNDTRACK TO NATURE

LITTLE GEMS

La Plagne in acoustic mode,
stripped back to the basics.

THE ISÈRE RIVER: PLUNGE IN!

From its source up above Val d'Isère, the river flows 286 km before joining the Rhône. From spring to the end of the summer, the section that crosses La Plagne between Landry and Centron is considered as one of the top spots in France for white-water sports.

This navigable stretch of the river is really fun as well as scenic, with several sections of breathtaking rapids and gorges that attract thousands of visitors wanting to have a go at rafting or hydrospeed (white-water swimming). Cycling, running or walking is also possible along the path that runs alongside the river to and from Bourg-Saint-Maurice, with the immediate proximity of the water keeping the temperatures fresh.



LA CEMBRAIE, A PIN UP FOREST

The picture postcard scenery that is so characteristic of La Plagne, with hundreds of rocky outcrops (dolines) studded with Scotch pines, larches and rock pillars known as 'fairy chimneys'! The spotted nutcracker is the common or garden bird in this forest (one of France's highest at 2 300 m above sea level!) flying daily over this geological feature with its gypsum-rich soil, a rarity in Europe.

Its richness and fragility make it a zone worthy of every care to ensure its long-term survival and the tranquillity of the wildlife that lives there (including spotted nutcrackers, foxes, squirrels, stoats, mountain hares and black grouse). A walk with a mountain guide helps to discover its secrets!

CHAMPAGNY-LE-HAUT VALLEY, GREEN AND PLEASANT

From Champagny-en-Vanoise, a narrow road winds through gorges for some ten minutes or so before opening out unexpectedly onto a majestic plateau, overlooked by the Grande Casse (the highest peak in the Vanoise at 3 855 m) and La Grande Motte glacier, as well as by numerous ibex watching from the naturally-formed terraces! What with the Vanoise National Park and the view they have of the local hamlets, they have certainly chosen the right location, benefitting from a protected lush green garden and, even better, the option of showering in the waterfalls.

[THE BEST PLACES TO STAY]

- 📍 Camping Huttopia with equipped chalets and tents, as well as standard pitches
- 📍 Refuge du Laisonnay, for a timeless dinner by candlelight

LIVE 3000, A DIZZYING ALTITUDE

Up here, there's no more greenery or vegetation. It is a mineral, lunar world, dotted with neves here and there and the turquoise blue of glacial lakes. Up at an altitude of 3 080 m, the resort's summit is a select rooftop from which the Vanoise glaciers and the Beaufortain range can be admired. Access with the Roche de Mio and Les Glaciers gondolas. The most original means of transport remains the windowless Aéroline cabins, hair blowing in the wind!

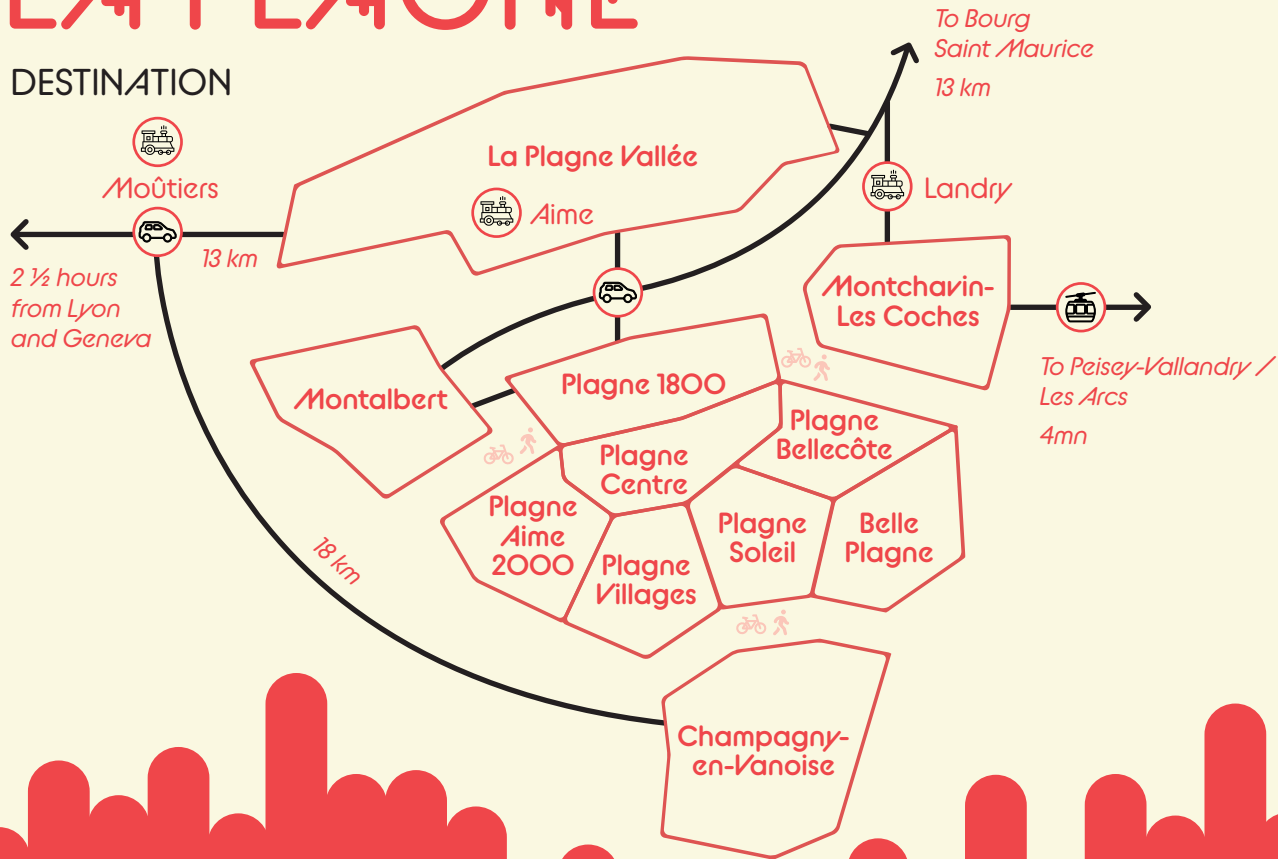
At the top: relax on the terrace, with a snack and a drink from Le 6° Ciel café in the gondola station.

📍 Price: 32 € / day

www.skipass-laplagne.com

LA PLAGNE

DESTINATION



MTB / E-MTB / MOUNTAIN CART

5 juillet au 29 août 2026

1 bike-park
with 12 trails (9 green and blue, 3 red and black)

3 Mountain Cart trails (2 blue and 1 red)

13 e-bike charging stations

2 pump tracks

12 e-MTB trails

1 cycle path "Voie Verte"

LIFT TICKET PRICES *Age 5 - 12 & 65 and over

	Bike park / MTB		Pedestrian (Live 3000 included)	
	Adult	Child / Senior*	Adult	Child / Senior*
1 day	21 €	17 €	32 €	26 €
7 days	75 €	60 €	75 €	60 €

DASHBOARD

57 278
tourist beds

650 m to 3 080 m
above sea level

OCCUPANCY (NO. OF OVERNIGHT STAYS)

Winter 2024/25

3,619,700
(+0.5% v. Y-1)

Summer 2025

737,000
overnight stays June - September 2025 (+5.2% v. Y-1)

17%

proportion of the summer season out of the overall winter + summer activity in 2025

2,702,336

ski days sold in winter 2024/2025, making La Plagne the world no.1 destination for winter sports

PERCENTAGE OF INTERNATIONAL CLIENTELE OVER THE LAST 2 SEASONS

WINTER

70%
French

30%

foreign visitors, of which 13% British, 6,5% Belgian, 4% Dutch and 1.5% German

SUMMER

89%
French

11%

foreign visitors, of which 4% Belgian, 2% British, 1.5% Dutch and 1% German

20
trail running routes

12
orienteering courses

1
rugby / football field (natural grass)
2 000 m above sea level

3
via ferrata courses

2
leisure parks with swimming lakes





CONTACTS

Listening intently like the so-called 'golden ears' (acoustics analysts) on a submarine, they then plug in the amplifier to create maximum reverberation on all the latest news from La Plagne!

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www.laplagneresort.com

LA PLAGNE A CONCENTRATION OF LABELS



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