

#### OFFICE DE TOURISME DE SAINT-GERVAIS

À SAINT-GERVAIS

+33 (0)4 50 47 76 64

Ago sport

**Blanc Sport** 

Le Refuge

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

LOCATION DE RAQUETTES

SAINTGERVAIS.COM

**SNOWSHOE TRAILS** · WINTER 2025

ÉMOTIONS ALPINES

#### LES RANDONNÉES **RAQUETTES**

## Aperigloo

+33 (0)6 11 51 98 74 aperigloomegeve@gmail.com Clémence Randonnée et voga

+33 (0)6 84 22 59 69 Compagnie des guides de Saint-Gervais /

Les Contamines +33 (0)4 50 47 76 55

Entrecimes Chemins d'en Haut

+33 (0)6 08 23 76 00

Évolution 2 école de ski et d'aventure +33 (0)4 50 55 54 55

Virage Montagne +33 (0)6 11 69 30 24

## viragemontagne@gmail.com

Sport Spirit +33 (0)4 50 55 12 11

**AU FAYET** 

+33 (0)4 50 58 51 87

#### **AU RETTEX**

## Claude Penz Sports

+33 (0)4 50 93 11 40 J&F Penz Pierre Penz sport

+33 (0)4 50 47 75 97 +33 (0)4 50 93 16 49 **Kleber Sports** 

+33 (0)6 17 82 86 05 +33 (0) 4 50 93 17 18 Loca Ski Sport 2000

Saint-Gervais Ski Service +33 (0)4 50 55 81 42 +33 (0)4 50 93 12 16 Nerey Glisse - Skimium

Skiloc Steurer

+33 (0)4 50 93 47 87 Penz Skiset Saint-Gervais Sports +33 (0)4 50 93 10 20 +33 (0)4 50 93 53 79 Loca Ski Sport 2000 Ski Plus Télécabines

+33 (0)4 50 93 11 04 +33 (0)4 50 47 03 61 **Unlimited Sports** À SAINT-NICOLAS

+33 (0)4 50 90 99 61 **DE VÉROCE** Jannett Glisse

**Mont Joly Sport** +33 (0)4 50 96 49 58 Penz Pierre et fils

+33 (0) 4 50 93 21 23

**SAFETY** 

- Never venture out alone.
- Wear fur-lined boots, good walking shoes or crampons and carry poles if necessary.
- Take warm clothes with you.
- Don't overestimate your physical capacity and always carry food and drink.
- Inform someone of your itinerary and the approximate time of your return.
- In the event of an emergency, call 112.
- Before embarking on a long walk, remember to check the weather forecast at: +33 (0)8 99 71 02 74, www.meteo

#### **KEY**



Mont-Blanc Tramway



Thermal Lift



Cable car Gondola



Orientation table



Refuge



Restaurant



Picnic room



Church



Baroque decor



View point



Toilets



Car park



**Tourist Office** 



House, farm, hamlet or village

#### **RECOM-MENDATIONS**

Pedestrians and cross-country skiers often share the same trails. It is therefore necessary to observe a few basic rules of mutual respect. Do not walk in the cross-country ski tracks.

**SIGNPOSTS** 

ITINERARIES.

**FOLLOW THE** 

PURPLE SIGNPOSTS.

FOR ALL THESE

### HELP TO PROTECT WILDLIFE • Stay on the marked trails and do not multiply the tracks.

- Keep dogs on a lead at all times. A dog is considered a predator by wild animals.
- If you encounter a wild animal, stop immediately. Let the animal walk away calmly to save vital energy.

# www.virage-montagne.com







Crédits photos : © iStock - Pascal Tournaire - Compagnie des Guides Saint-Gervais/Les Contamines Vincent Pawlowski - Camille Garo - Pascal Alemany - Boris Molinier - Tramway du Mont-Blanc / C. Masse Atelier Boris Molinier-Victor Dubois

DESIGN&IMPRESSION KALISTENE 💡 🗯 😩

# RESPECT WILDLIFE

In winter, wild animals such as chamois, ibex, black grouse and rock ptarmigan are vulnerable to the cold and lack of food. To protect themselves, they take shelter in the forest or in igloos. When disturbed, their reaction is to flee, expending their energy needlessly. Repeated disturbance weakens them considerably.

