



Cinema  
Animations  
Sport  
Heritage  
Gourmandise



# WHAT'S



# ON ?

**WINTER 23/24**



Give us your opinion :



**ARECHES**   
**BEAUFORT** 



## La maison des Guides

Registration at the Arêches-Beaufort Tourist Office or on [www.areches-beaufort.com](http://www.areches-beaufort.com)  
More information: 00 33 4 79 38 37 57 or [info@areches-beaufort.com](mailto:info@areches-beaufort.com)

### Ski touring discovery, ascent of the Grand Mont

From the resort of Arêches, let yourself be guided to the summit of Grand Mont (2633m.).

Mondays from 9am to 1:30pm. 80 €  
330€ in private formula  
provide ski pass (or hiker)  
Material non provided.

### Ski touring advanced level

Climb to the most beautiful peaks of the Beaufortain massif, and enjoy the magnificent potential of the massif in peace.

Tuesday and Friday  
from 9am to 4pm. 90 €  
Material non provided.

Other Outings (Free ride/ ice falls) in private formulas on request. Contact : 06 48 90 49 39

## BEAUFORTAIN RANDONNEE – Snowshoeing

Outings supervised by mountain guides.

Information and registration at the Tourist Office 00 33 4 79 38 15 33  
or Ski school of Arêches and Planay.  
information: 06 14 59 69 63



Monday  
january  
29

**2pm-4:15pm. Initiation, discovery Chalets de Foliet (c) sector Planay**  
**Meeting point. Planay ski school. Level : discovery. Elevation :+100m**  
**Panorama,Chalets**

Tuesday  
january  
30

**2pm-4:45pm. Alpage de Plan Villard (T) sector Planay. Meeting point. Planay ski school**  
**Level : walking. Elévation : +350m. Panorama, heritage, forest.**

Thursday  
february  
1st

**9:30am-11:45am. Discovery of the Plateau du Cuvy.**  
**Meeting point : summit chairlift Grand Mont**  
**level : discovery. Elevation : +100m. Chairlift View Mt Blanc, Forest, footprints.**

Group or private outing, we work together on the ride of your choice:

06 70 91 29 11 - 06 73 56 49 53

Rates: 1/2 day: from 30€. Day rate: 45€.

Come to the meeting place with your equipment.

Return times given as an indication.

Depending on weather and snow conditions, the place of the hike may be modified

# WHAT'S ON THIS WEEK ?

From 27/01/24 to 2/02/24

## SATURDAY JANUARY 27

### The heights of laughter 3rd evening

🕒 8.30 pm-11.30 pm 📍 Chaudanne Hall - Arêches

💶 Full price: 27 €

*FULL - Candidates have 8 minutes to convince, before the new show Solo by Marc-Antoine LE BRET, still alone on stage, but with a hundred voices and new sketches, with a glimpse of what could happen if the world turned upside down...*

☎ +33 (0)4 79 38 15 33

## MONDAY JANUARY 29

### Little trappers outing

🕒 5 pm-7 pm 📍 Arrêt de bus du Rafour - Arêches

💶 One price: 17 € 👤 From 5 years old

*For adults and children. In the forest near the Planay, come discover the life of mountain animals, look for clues of their passage or play in an igloo. Snowshoes and head lamp provided. Other outings on request. Young children must be accompanied by an adult.*

☎ +33 (0)6 65 27 50 69

## TUESDAY JANUARY 30

### Traditional Saint Ours Fair to Aoste (Italy)

🕒 📍 Aoste (Italie)

💶 Adult: 45 € - Child 22 € - 12 ans

*Go and discover the big and traditional trade fair of The Saint Ours in Italy, to Aoste, a little town not so far from Savoy.*

☎ +33 (0)4 79 38 10 50

### At Mauricette coffee concept workshop

🕒 10 am-11.30 am 📍 Place Frison Roche - Beaufort

💶 Adult: 6.5 € - 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

### Arêches Market

🕒 3.30 pm-6.30 pm 📍 Sundial Place - Arêches

💶 Free of charge

*Very little market of local products.*

☎ +33 (0)4 79 38 33 15

### Opening of the Beaufortain Brewery

🕒 5 pm-7.30 pm 📍 Résidence le Chamois - 146 route du Planay - Arêches

*David opens the doors of the brewery for a direct sale of Birra Menta, four different beers, all made from organic and local malts: Brut IPA, Black Amber, Blanche and Pils Blonde.*

### Visit the farm of Monsieur Seguin 🧑🌾

🕒 5.45 pm-6.45 pm 📍 Chemin de la Borne - entre Beaufort et Arêches

💶 Adult: 6 € - Child 4 € de 3 à 12 ans - Free for children under 3 years old. 👤 From 2 years old

*The farmer will show you his work and all specificity around mountain agriculture with 160 goats to product the famous "grataron" cheese of Arêches. The visit will close by tasting goat-cheese and products of the farm. Park next to the sorting bins.*

## Happy hour concert with Sunny side Up

🕒 7.30 pm-0 am 📍 Bar l'Accord - Arêches

💰 Free of charge.

*As in the streets or the Irish pubs, the two multi-instrumentalists try to bring a smile and a small ray of sunshine to their audience, here in the various cozy rooms of the Accord. Book your evening now!*

☎ +33 (0)4 79 10 32 60

## Sound bath & yoga nidra workshop: Journey to the heart of his subconscious.

🕒 7.30 pm-9 pm 📍 130 rue Sur Frachette - Arêches

💰 One price: 25 € 👤 From 18 years old

*The sound bath is a meditative experience and a relaxation technique inspired by ancestral sound healing practices. You will then be guided in a meditation so that everyone can connect and travel inside themselves.*

☎ +33 (0)6 85 92 64 80

www.maud-yoga.fr

## WEDNESDAY JANUARY 31

### Beaufort Market

🕒 8 am-12 am 📍 Covered market hall - Beaufort

💰 Free of charge

*You will find more than 20 traders on your market to fill your basket: Fruits, vegetables, meat, charcuterie, poultry, fish...as well as ready to wear, jewelry, bazaar, souvenirs.*

### Cinema before snack

🕒 2.30 pm-5.30 pm 📍 Chaudanne Hall - Arêches

💰 One price: 5 €

*The Association d'Animation du Beaufortain proposes the screening of the film Chasse Gardée: Comedy on the good life together between hunters and rural newcomers. Snack offered at the end of the screening . Carpooling from Beaufort , on registration.*

☎ +33 (0)4 79 38 33 90

### Atelier Accord wines and desserts

🕒 5 pm-6.30 pm 📍 L'Accord - Bar à vins et fromages - Arêches

💰 Adult: 38 € 👤 From 18 years old

*Gourmet moment to discover original pairings between wines and desserts. Marion will accompany you for this new sweet trip. The workshop includes 1 plate of 4 sweets and 4 glasses of wine.*

☎ +33 (0)4 79 10 32 60

## Visit the Argentine cow farm 🇦🇷

🕒 5.15 pm-6.45 pm 📍 Les Efforces - Arêches

💰 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.*

## THURSDAY FEBRUARY 1

### Arêches sawmill visit with Lessencesbois 🇫🇷

🕒 10 am-11.30 am 4.30 pm-6 pm 📍 Salle du Moulin - Arêches

💰 Adult: 5.5 € - Child 4 € de 5 à 10 ans

*The forest surrounds you, as well as many chalets, but between the two, there are many transformations: felling, logging, sawing .... To discover the Beaufortain in a different way, during your walks, Sophie explains these transformations.*

### Workshop manufacture of lip sticks

🕒 10 am-11.30 am 📍 Place Frison Roche - Beaufort

💰 One price: 14 € 👤 From 5 years old

*Come make with Marine your lip stick in the workshop Chez Mauricette and enjoy this magical place to visit the shop or drink a hot chocolate or tea.*

☎ +33 (0)6 78 86 09 00

### Wooden objects decorating workshop

🕒 2 pm-4 pm 📍 Mill Hall - 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

### Afternoon games

🕒 2 pm-5 pm 📍 Association d'Animation du Beaufortain - Le Confluent - Beaufort

💰 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



### Discovering the village of Arêches

🕒 4 pm-5.30 pm 📍 Route du Grand Mont

💶 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!*

☎ +33 (0)4 79 38 15 33

[www.fondation-facim.fr](http://www.fondation-facim.fr)

### The oenological workshop wine and cheese

🕒 5 pm-6.30 pm 📍 L'Accord - Bar à vins et fromages - Arêches

💶 Adult: 38 € 👤 From 18 years old

*Tasting session for a wine and cheese pairing 100% Savoie! Marion will make you discover the local cheeses accompanied only by Savoyard white wines. A gourmet moment that includes 4 cheeses and 4 glasses of white wines of Savoie.*

☎ +33 (0)4 79 10 32 60

### Evening games to the Terrasse d'Isa

🕒 7.0 pm 📍 - Le Planay

*After a small diner, La Terrasse d'ISA organizes a Board Games Evening: Tarot, belote, coinche, rami, code name, scrabble, rumikub.*

☎ +33 (0)4 79 89 75 41 - +33 (0)6 15 36 26 08

### Evening tasting products at the farm

🕒 8 pm-11 pm 📍 Les Envers - Arêches

*Come and spend a friendly evening in a room arranged above the farm, with view on the animals.*

☎ +33 (0)6 78 88 47 44

### Brexit show

🕒 8.45 pm 📍 Centre CCAS de Beaufort - Beaufort

💶 Free of charge.

*Musical duo of pop rock covers.*

☎ +33 (0)4 79 38 33 94

## FRIDAY FEBRUARY 2

### At Mauricette coffee concept workshop

🕒 10 am-11.30 am 📍 Place Frison Roche - Beaufort

💶 Adult: 6.5 € - 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

### Visit the Farm of Cuvy 🧑🏫

🕒 10 am-12 am 📍 Les Envers - Arêches

💶 One price: 7 € - Free for children under 5 years old.

👤 From 2 years old

*Visit the farm and taste local products in a room fitted out above the stable overlooking the cows. , RV point at the farm with Mickaël.*

### Opening of the Beaufortain Brewery

🕒 5 pm-7.30 pm 📍 Résidence le Chamois - 146 route du Planay - Arêches

*David opens the doors of the brewery for a direct sale of Birra Menta, four different beers, all made from organic and local malts: Brut IPA, Black Amber, Blanche and Pils Blonde.*

### Evening party at Isa's Terrace

🕒 7.0 pm 📍 - Le Planay

*Come with us for dancing with DJ Isa at the turntables, with small catering. Party atmosphere guaranteed, intergenerational.*

☎ +33 (0)4 79 89 75 41 - +33 (0)6 15 36 26 08

## AND ALSO

### Intuitive massage

🕒 5pm-6pm every day 📍 - Arêches

👤 From 14 years old

*Discover a soft and enveloping massage to reconnect with your body and take care of yourself. Table massage with oil, or dressed or seated.*

☎ +33 (0)6 89 92 95 91

[www.blancmarilyne.com](http://www.blancmarilyne.com)

## Multimedia library of Beaufort and Arêches Library

€ Adult: 4 € par famille pour une semaine

*Library of Arêches - 70 alley of the oratory. Monday: 4pm to 5:30pm and Friday from 5pm to 6:30pm.*

*tel : 04 79 38 19 74*

*Médiathèque de Beaufort - 38 route d'Arêches. Tuesday: 3:30pm to 7pm and Wednesday from 9:30am to 12:30am, Saturday from 10am to 12am. tel : 04 79 39 09 57*

## 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 (9.50€ or with your skipass).*

☎ +33 (0)4 79 38 12 70

## Visit of the goats farm. A Mountain of Flavours.

🕒 10am-4pm every day 📍 La Thuile

€ Free of charge.

*Free visit of the goats farm, with some other animals like lamas, donkeys, buffalos, pigs, rabbits and farmyards animals.*

☎ +33 (0)6 58 28 79 77

[www.montagne-saveurs.com](http://www.montagne-saveurs.com)

## Free visit of the Beaufortain cheese Factory

🕒 9am-12pm & 2pm-6pm every day 📍 Avenue du Capitaine Bulle - Beaufort

€ Free access.

*Discover all the secrets of the Beaufort cheese and its terroir through a sensory approach and original tools. . The production is visible every morning. (Guided tours of the cellars every half hour - film the Beaufort in inheritance, to pay)*

☎ +33 (0)4 79 38 33 62

## Yoga and Pilates Classes

### Yoga and Pilates classes with Maud

130 rue Sur Frachette - Arêches

Single rate: 15 € the course of 1h or 1h15.

from 18 years

Group and private lessons –

Stays & Workshops. Every day except Saturday.

Vinyasa, Yin Yoga, Yoga Stretch. Pilates.

Material provided.

Unlimited week pass 55€.

**06 85 92 64 80 [www.maud-yoga.fr](http://www.maud-yoga.fr)**

### Pilates/ Yoga classes with pilates ball with Caroline

Le Hameau des Champs – 280 route de Coutalon

Single rate: 8€ / 45 min, from 18 years old.

Unleash your body's potential, flexibility, mobility, balance and breathing. Deep muscle strengthening session, improving posture and balance through instability on the big ball. **06 72 22 90 81**

## child care

### Les Petites Frimousses Centre MMV route des Carroz to Arêches

Open every day except Saturdays. From 8h45 to 17h

**06 86 01 40 56**

[garderielespetitesfrimousses@gmail.com](mailto:garderielespetitesfrimousses@gmail.com)

<https://garderielesfrimousses.portail-familles.app/>

## Photographer

The photographers of Cap sur Image welcome you to the resort and invite you to meet them either during the ski lessons supervised by the ESF instructors, or for a family photo made by appointment, or at the bottom of the ski slopes or at your chalet.

Happy holidays ! **Colin, Gaëlle et Thomas 06 81 01 97 64**

## Discover the Earth and the stars with GEOCIEL

### Reading of landscapes:

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

- Walking or snowshoeing on the Cuvy plateau

- Alpine ski circuit (same times and meeting place as the ESF courses, circuit adapted to your ski level)!

1h50 approx. Adult = 20€/pers. Child from 8 to 16 years = 14€; Child (- 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 over) = 15€/pers; Child (- 8 years) = free. Entertainment every day.

**Info and feedback: [www.geo-ciel.com](http://www.geo-ciel.com) / [contact@geo-ciel.com](mailto:contact@geo-ciel.com)**

**Tel 00 33 4 79 89 77 95 – 06 17 79 72 11**

## First paragliding with Carpe Diem

With an easy take-off and landing, on foot or on skis, the flight is accessible from 7 years.

Accompanied by a professional State Graduate Instructor, you will be comfortably installed to fully enjoy a contemplative flight that may end with some sensations if you want. You can even, if the conditions allow it, take the controls to discover how to fly.

From 70€, PHOTOS AND VIDEOS OFFERED.

**06 19 80 18 99 [seb@ecolacarpediem.com](mailto:seb@ecolacarpediem.com)**



# This week in your cinema

● Last screening



## Friday January 26

8:30pm	Les sommets du rire Hélène SIDO	The evening 19€
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## Saturday January 27

8:30pm	Les sommets du rire Marc-Antoine LE BRET	COMPLET
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## Monday January 29

<span style="color: red;">●</span> 6pm	UN SILENCE
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## Tuesday January 30

6pm	COMME UN PRINCE
<span style="color: red;">●</span> 8pm	LA TRESSE

## Wednesday January 31

● 2:30pm	Ciné goûté : Chasse gardée	5€
● 8pm	Bonnard Pierre et Marthe	
8pm	Un coup de dés	

## Thursday February 1st

6pm	Le Voyage en Pyjama
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Cinema rate: Normal: 7,5€  
Under 12 years: 5,5€ Card 6 entries: 33€

Cinema at the bottom of Arêches village, salle de la Chaudanne. Films start at the indicated time  
Payments accepted: CB, checks, holiday checks, cash..



Arêches and Beaufort Tourist Office: Open every day 9am-12pm and 2pm – 6pm  
Contact tourist office: 04 79 38 15 33 or 04 79 38 37 57