

FROM 3/21/26 TO 3/27/26



**THIS WEEK**  
*à Crest-Voland / Cohennoz*

*Our  
Favourite* 

GUIDED TOUR: THE CERNIX  
HAMLET

THURSDAY 26 MARCH



## BIENVENUE À CREST-VOLAND / COHENNOZ



Your Crest-Voland / Cohennoz resort has the Famille Plus label.

Through this label, the station undertakes in particular to promote entertainment for the whole family. The "Family Plus" pictogram will ★ help you find them in this programme.



Crest-Voland Cohennoz has just been officially awarded the Flocon Vert label!

This label highlights the work carried out by the resort to promote ecological, economic, social transition and sustainable development.

Awarded to destinations working towards an ecological transition, this label is the culmination of a real collective effort to highlight and promote the sustainable initiatives of the region and its players.

## TABACCO-FREE AREA

Starting this winter, all French ski resorts will become smoke-free areas. This national change aims to protect everyone's health. Smoking is now prohibited:

on the ski slopes, in queues, and on all ski lifts (including chairlifts).

## THE « PETITS PRINCES » TORCHES



Electronic torches are back on sale in our offices! So you can parade around the resort in the evening, or take to the slopes at Tovats or Prarian during the children's torchlight descent... come and get your torch! On sale for €3.50 (€0.50 goes to the Association "Petites Princes", set up in 1987 to make the dreams of seriously ill children and teenagers come true).

## TOURISM QUALITY APPROACH

As part of our quality approach, we invite you to complete a satisfaction questionnaire in order to improve our services.



## CODE OF RESPECT FOR NATURE

Stay on the marked snowshoe trails. Do not feed wild animals. Let's respect the mountain and keep it clean.

## DOG POOP

In order to leave our station clean and for the well-being of all, please pick up your dog droppings. Bag dispensers are available at the Maison de Crest-Voland, in the Logère car park, at the Crest fountain and on the chemin de Bostu.

## LEGENDE



Recommended for rainy weather



Accessible in a wheelchair



Special for families with children.

Under no circumstances can these activities be likened to an activity centre. The children are not under the responsibility of the Val d'Arly Tourist Office and remain the responsibility of the parents. la responsabilité des parents.



Family Extra

Follow us on :



Crest-Voland Cohennoz Tourisme



@crestvoland\_cohennoz  
#valdarly #crestvoland #cohennoz



ValdArlyMtBlanc




MrValdarly


## ALL WEEK


### CHRISTEL CERRUTI'S WATERCOLOUR EXHIBITION



 Office de Tourisme du Val d'Arly - Bureau de Crest-Voland Cohennoz

The magic of water and pigments is what fascinates Christel Cerruti, a watercolour painter. Throughout the week, visit her watercolour exhibition at the tourist office. Take this colourful journey and discover her warm and peaceful world.

 Free access.

 +33 (0)4 79 31 62 57


### TREASURE HUNT: 'RACLETTE RUN - THE TARTIFLETTE STRIKES BACK'


 Dans tout le village

All new! A real interactive treasure hunt with funny characters all season long! Your mission, if you accept it, will be to find and flash the 8 Tartiflette escapees with your smartphone. They're hiding in the resort, in shopkeepers, restaurants, etc. They may also be on the move... You need to keep an eye out for them, as their aim is to move around and find new hiding places...


A national prize draw will be held at the end of the season, with substantial prizes (telephone, games consoles, raclette machines, gift cards, etc.).

It's up to you!

 Free of charge.

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### HUNTING THE GOONS RABBITS


 Office de Tourisme du Val d'Arly - Bureau de Crest-Voland Cohennoz

20 Rabbids are hiding in the whole resort. Equipped with a roadmap, a map and your smartphone, you will have to capture as many as possible and discover the magic formula to receive a gift.

 Free of charge.

 From 6 years old


Parents must keep an eye on children during the activity.


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## SUNDAY 22 MARCH


### WELCOME DRINK




 6.0 pm

 Place du Bouloz


Discover the week's entertainment and activities with Coline, our advisor. The Val d'Arly tourist office will offer you a glass of mulled white wine – a warm welcome!

 Free of charge.

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## MONDAY 23 MARCH


### INTRODUCTORY SNOWBOARDING SESSION


 5.0 pm

 Front de neige des Tovats ou du Cernix


Come and learn how to snowboard during this special introductory lesson with the ESF.

 One price: 22 €

 From 7 years old

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### VINYASA DYNAMIC YOGA PRACTICE WITH LARA


 6.30 pm

 Salle Polyvalente

Vinyasa yoga class with Lara, come and practice yoga dynamically.

 Adult: 15 €


 From 15 years old

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## TUESDAY 24 MARCH


### MEETING WITH CHAMY THE MASCOT

 10 am-12 am

 Toute la station

Chamy the Chamois is out and about this week! The sun is shining, so he's decided to come down from the mountains to meet you on the slopes and in the centre of the resort. Keep your eyes peeled – he might just pop over to say hello!

 Free of charge.

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Tourist Office open Monday to Saturday : 9 a.m. to 12 p.m. and 2 a.m. to 6 p.m.

Sunday : 9 a.m. to 12 p.m. and 3 p.m. to 6 p.m. | Public holidays : 10 a.m. to 12 p.m. and 3 p.m. to 6 p.m.

Cernix Annex Office : monday to friday : 9a.m. to 12.30p.m.

saturday and sunday : 9 a.m. to 12.30 p.m. and from 3.30 p.m. to 5 p.m.



## SNOW BIKE (SKIBOB) INTRODUCTION

🕒 2.30 pm-4 pm

📍 Front de neige des Tovats ou du Cernix

Come and trial a skibob (or skibike) during an introductory lesson supervised by the ESF. Information and bookings at Bérods Sports : 04 79 31 70 85 / 04 79 31 21 07 (book at least the day before – 4 people minimum).

💶 One price: 35 €

👤 From 7 years old

Limited to 8 pers.

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## CANDLE WORKSHOP & SNACK 🚸

🕒 3 pm-5 pm

📍 La Casa Flowher

Take a moment for yourself and come and make your own 100% personalised candle with Morgane. Choose the container, the fragrance from Grasse, the type of wick, Bach flowers, stones and dried flowers.

💶 One price: 60 €

👤 From 10 years old

Limited to 6 pers.

☎ +33 (0)6 69 02 91 21

## WASTE REDUCTION STAND AND WORKSHOPS



### WITH SITOM 🚸

🕒 3 pm-5 pm

📍 Place du Bouloz

Stand on sorting and reducing waste and DIY workshops tawashi (transformation of socks into durable sponges, to replace disposable sponges) and bee-wrap (reusable food packaging made from fabric and beeswax).

💶 Free entry.

👤 From 7 years old

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## SNOWBOARD INTRODUCTION

🕒 5.0 pm

📍 Aux Tovats

Snowboard initiation, information and registration at Dumoulin Sports.

💶 One price: 22 €.

👤 From 7 years old

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## WEDNESDAY 25 MARCH

### TRACKER EXPERIENCE

🕒 8.20 am

📍 Au pied de la télécabine de la Logère

Meet in the early morning for the opening of the slopes: a unique opportunity to make your first track with the ski patrollers and to discover their profession!

💶 Free of charge. See terms and conditions with the Tourist Office.

👤 From 18 years old

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### FOOSBALL TOURNAMENT WITH THOMAS

🕒 2.30 pm-3.30 pm

📍 Office de Tourisme du Val d'Arly - Bureau de Crest-Voland Cohennoz

Come and take part in the table football tournament hosted by Thomas! Awaken your inner footballer and compete against other enthusiasts!

💶 Free of charge.

👤 From 10 years old

*Registration required before noon on the day of the tournament.*

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### CHILDREN CANDLE WORKSHOP 🚸

🕒 3 pm-4.30 pm

📍 La Casa Flowher

Morgane invites you to create your own personalised candle from start to finish: from the container to the fragrance, including the wick and decorations, it will be completely tailored to your taste!

💶 One price: 45 €

👤 From 6 to 14 years old

Limited to 6 pers.

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### INTRODUCTORY SNOWBOARDING SESSION

🕒 5.0 pm

📍 Front de neige des Tovats ou du Cernix

Come and learn how to snowboard during this special introductory lesson with the ESF.

💶 One price: 22 €

👤 From 7 years old

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## AFTER-SKI PAMPERING BY PURE ENERGY

🕒 6.0 pm

📍 Centre village

Nancy will come to your accommodation to give you a Renata França lymphatic drainage treatment, an exclusive manual therapy that provides immediate well-being. Tailor-made yoga classes. Treat yourself to a moment of lightness after a day on the slopes.

💶 Adult: 90 €

👤 From 18 years old

Limited to 1 pers.

☎ +33 (0)6 47 55 71 36

## PILATES CLASSES WITH LARA 🌂

🕒 6.30 pm

📍 Salle Polyvalente

Lara will guide you through a 45-minute pilates session that will strengthen your whole body, all in a great atmosphere!

Open to all !

💶 One price: 15 €

👤 From 18 years old

*Bookings can be made directly by telephone or text message.*

Limited to 10 pers.

☎ +33 (0)6 63 21 38 88

## THURSDAY 26 MARCH

### SNOW BIKE (SKIBOB) INTRODUCTION

🕒 2.30 pm-4 pm

📍 Front de neige des Tovats ou du Cernix

Come and trial a skibob (or skibike) during an introductory lesson supervised by the ESF. Information and bookings at Béro Sports : 04 79 31 70 85 / 04 79 31 21 07 (book at least the day before – 4 people minimum).

💶 One price: 35 €

👤 From 7 years old

Limited to 8 pers.

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💶 One price: 22 €.

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💶 Adult: 90 €

👤 From 18 years old

Limited to 1 pers.

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## GUIDED TOUR: THE CERNIX HAMLET

*Is organized as part of: Savoie High Valleys Art and History Region*

🕒 6.30 pm

📍 Place du Cernix

Discover the history of Le Cernix in the company of an accredited guide from the FACIM Foundation: this hamlet lies at the crossroads of the communes of Crest-Voland and Cohennoz, to which it belongs. Traditions, legends, life in days gone by and winter tourism will all come together during the visit to tell you all about its history.

💶 One price: 5 €

👤 From 7 years old

Warm clothing.

*Registration until midday on the day.*

Limited to 30 pers.

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## CANDLE WORKSHOP

🕒 6.30 pm-8.30 pm

📍 La Casa Flowerher

Take a moment for yourself and come and make your own 100% personalised candle with Morgane. Choose the container, the fragrance from Grasse, the type of wick, Bach flowers, stones and dried flowers.

💶 One price: 60 €

👤 From 10 years old

Limited to 6 pers.

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## FRIDAY 27 MARCH

### EXCURSION TO MEGÈVE MARKET

🕒 8.45 am-12 am

Discover the colorful market of Megève without taking the car thanks to the "Allo Dominique" taxis. Departure from le Cernix or Crest-Voland.

€ €100 for a round trip by taxi.

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### SNOW CULTIVATOR EXPERIENCE

🕒 10 am-11 am

📍 Usine à Neige du Cernix

Do you know the job of snow farmer? Come to the Cernix snow factory to discover the secrets of artificial snow: its manufacture, its usefulness, the technology.

An activity offered by the SPL Domaine Skiable Crest-Voland Cohennoz.

€ Free of charge.

Limited to 10 pers.

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### YIN YOGA WITH LARA 🌂 ♿

🕒 6.0 pm

📍 Salle Polyvalente

Lara offers a yin yoga session, a gentle yoga practice.

€ One price: 15 €

👤 From 18 years old

*Bookings can be made directly by telephone or text message.*

Limited to 10 pers.

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### CHILDREN'S MAKE-UP WORKSHOP

🕒 4 pm-5 pm

📍 Office de Tourisme

Come and have your face painted however you like, and leave with a colourful face! Limited places, please register at the tourist office before noon the day of the event.

€ Free of charge.

Limited to 6 pers.

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### MILKING COWS AT THE TROIS PETITS CŒURS FARM ★

🕒 5.0 pm

📍 Ferme chemin du Grand-Duc

Manufacture and sale of cheeses on the farm: Tomme, Beaufort, Reblochon and Tomme de vache, Monday to Saturday from 10:30 a.m. to 12:30 p.m. and from 2:30 p.m. to 6:30 p.m. - Sunday from 4 p.m. to 6:30 p.m. Free farm visit, Friday from 5 p.m.

€ Free of charge.

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# ACTIVITIES ALL WEEK

## EQUIPEMENT

### SAFE SLEDDING TRACKS

📍 Lachat, Tovats and Cernix  
Free access under parental supervision

### CRESTVOLUGE

Get ready for a fun 2km-long descent, from the summit of Lachat to the center of the village of Crest-Voland. Sleds for rental in sports stores. Last departure at 4 p.m. You must equip yourself with a plastic sled equipped with 2 metal brake handles. Gloves and helmets are required. Ski boots prohibited. Prohibited for children under 5 years old. Children under 10 years old or 1m25 tall must be accompanied by an adult in the sled. Bring a valid ski pass. Subject to snow conditions.

### MARKED SNOWSHOE AND SKI TOURING CIRCUITS

Map on sale at the tourist office: €4 or on the free "Traces Alpine" application. Departures from Crest-Voland and Cernix towards Mont-Lachat.

### NORDIC SKIING

Free loop (1km) and access to the Olympic domain (120km) at Mont Lachat. Subject to snow conditions.  
🕒 Access by car (5km) or chairlift (Cernix or Logère).

### PASSERELLE DES VARDACHES

A fun course, perched and so funny when we put ourselves in the shoes of our Lachat vardaches.  
Free access.



### ILLUMINATION OF THE CHURCH

Every evening enjoy the illumination of the church and its colorful stained glass windows.

### CERNIX PLAY AREA

📍 La nouvelle aire de jeu avec un chamois géant et des jeux pour enfants à votre disposition au niveau de la place du Cernix.

## WELLNESS

### SPA DES CIMES

Massages, facials and body treatments, jacuzzi, sauna.  
📞 Hôtel le Mont-Charvin : 04 79 31 61 21

## ACTIVITY PROVIDERS

### PARAGLIDING BAPTISME

📍 Summit of Mont-Lachat  
€80 for a two-seater flight  
📞 Patrick Bérod: 06 09 90 01 02

### LASER GAME IN THE HEART OF NATURE

📍 Terrain des Praz 📍 From 10 years  
📞 06 07 96 90 72

### SNAKE GLISS (collective sledding)

ESF supervision. Helmet required. Plan a package currently valid.

🕒 Open every day when the slopes close  
€ Single price 12€  
📞 Skiset sports store: 04 79 31 60 89

### SNOW YOGA

Outdoor yoga classes, to enjoy the benefits of the cold weather and admire the beauty of the snow-capped mountains. Equipment provided, just bring comfortable, warm clothing. Meet at Lake Cernix on Tuesdays from 11am to 12pm. € 15€ per person (15 and over) and 10€ for children. Subject to snow conditions.  
📞 Lara at 06 63 21 38 88 - Instagram : larayogafunky

### HOME COACHING WITH CHAMOIS FITNESS

Whether you want to get back in shape or improve your physical performance, Coach Caro will design tailor-made sessions that suit YOU and will support you throughout your training programme from start to finish.  
📞 Coach Caro at 06 04 15 16 61

### COURS DE PILATES AVEC JOY

Authentic Pilates floor classes with Joy, in small groups of 3 to 4 people. Open to all!  
€ 25€ for 1 hour.  
📞 Joy at 06 17 56 65 49



## SERVICES AND COMPETITIONS



### BOARD GAME RENTAL

📍 At the Tourist Office  
€ 2€/day/game. Deposit €20/game

### SALE OF TORCHES

📍 At the tourist office and the Cernix annex  
€ 3.50€ (0.50€ donated to the Little Princes association).

### GROOMING EXPERIENCE

Win a snow groomer ride with the SPL Crest-Voland  
📍 Registration at the tourist office and the Cernix annex  
📅 Draw every Wednesday.  
📞 04 79 31 62 57 📍 Reserved for adults over 18 years old

FREE

GIVE YOUR OPINION



PRIZES TO BE WON

POSTER BY RUSS

festival

# VAL D'ART! LY

StreetArt

by Papajosette  
Street Art Festival  
from 2nd to 5th March



INFO AND SCHEDULE IN YOUR TOURIST OFFICE

