

## WELCOME

Dear guests,

Welcome in hotel Esprit Montagne. This hotel book provides you with all the necessary information about our facilities and services, about relaxing and active activities in this region.

Would you like to know more about our hotel and its surroundings, we'd be happy to tell you more.

If you have any suggestions for fellow travelers, please let us know. Your tip might end up in this book.

We wish you a very pleasant holiday.

Yours sincerely,

Alke and Team Esprit Montagne



## IMPORTANT ADDRESSES

Hotel Esprit Montagne  
La Panthiaz  
74360 La Chapelle d'Abondance  
France

+33 – 450 71 26 90

[info@hotelespritmontagne.com](mailto:info@hotelespritmontagne.com)

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

In case of emergency: Alke lives in the hotel and is always present. His cell phone number is switched on 24/7: **+33-6-704 734 94**.

### Pharmacy

The pharmacy in La Chapelle is situated in the village center. It has a green cross on the wall:

Open from: 9.00 AM – 7.00 PM (closed during lunch)

### Doctor

Dr. Jean Paul Marcou

Passed the bridge in the village center, on your left side.

Tel: +33 - 450 73 52 50. Open from 9.00 AM – noon and 4.00 – 7.00 AM

### Hospital

Hôpitaux du Léman

3, avenue de la Dame

BP 526

74203 Thonon Les Bains

Tel: +33 - 04 50 83 20 00

(+/- a 40 minutes drive)

### Emergency numbers

General: 112

Ambulance: 15

Fire department: 18

Police: 17 of +33 – (0)450 73 – 01 02

### Tourist Office

The Tourist Office is situated in the village center of La Chapelle, across the city hall.

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Website: [www.lachapelle74.com](http://www.lachapelle74.com)

Open: 9.00 AM – noon

2.00 PM – 6.00 PM

### Post Office

At the same desk as the tourist office.

Open: 9.00 AM – noon

2.00 PM – 3.45 PM

### Banks

In La Chapelle, Châtel and Abondance you will find banks and more ATM's.

### Sport shops

La Chapelle has 9 sport shops, most of which can be found in the village center.

### Supermarket

Proxi: small grocery shop at the center of La Chapelle, across Les Routards.

Intermarché: big supermarket. Drive in direction of Châtel, and go right at the first roundabout. Follow the road for a few hundred meters and you will see it on your left hand side.

### Petrol / gas station

Next to the Intermarché is a petrol station where you can pay with credit card (24/7).

## HOTEL ESPRIT MONTAGNE

Christmas 2009, Hotel Esprit Montagne sees first light of day. The building, which was formerly known as Le Rucher, or "The Beekeeper", stood empty for years. The bees and flowers in the carvings on pillars and balconies still show the passion of the previous hotel owner: beekeeping. A stone's throw away from the hotel you can the hives still standing. Father and son share their passion and produce fresh honey for the bakery shops in town.

After years of vacancy, we have renovated the old hotel. Carpets on the walls gave way to fresh plaster, the old carpet with floral patterns for wooden floors. The furniture has been selected with personal care. In every aspect of the hotel, our intention was to introduce you to the real mountain atmosphere, so to speak ... the "esprit montagne".

"NO GRAND SCALE, BUT SMALL AND INFORMAL,  
NO FAST FOOD, BUT TIME TO ENJOY FRENCH GASTRONOMY,  
NO CROWDS, BUT A CRACKLING FIRE AND COZINESS,  
HOTEL ESPRIT MONTAGNE MEANS ... TIME-TO-YOURSELF AND TIME-FOR-EACH OTHER."

### In a nutshell

Hotel Esprit Montagne is a rustic mountain hotel with twenty rooms that radiate the charm of mountain life. We have a cozy restaurant, a lounge with fireplace, library and reading table, a billiards room, a TV lounge, a separate computer corner with free Internet, a sauna, a massage room and a ski locker room. You'll see Esprit Montagne is a wonderful place where the small worries of everyday life will immediately be forgotten.

### Our Philosophy

In Esprit Montagne our guests enjoy active sports, awe inspiring scenery and relaxation in a surrounding of natural serenity.

"Authenticity", "comfort", "wellness" and "a personal touch" are our core values. You will find them in all aspects of the hotel; the interior, our products and services.

### Zoover Awards

We are very pleased that we've again won the Zoover Award for the 6<sup>th</sup> time in a row. In 2016 we won for "2<sup>nd</sup> Best hotel in France". This award is based on guest reviews, for which we are extremely grateful.



### Reception

On arrival we welcome you at the reception desk. Being your host and hostess, we work throughout the whole hotel. Therefore we won't always be behind the desk, but we will gladly assist you with anything, anytime. In the reception area you will find plenty of information about La Chapelle, Les Portes du Soleil and the surroundings.

### Restaurant

Next to the reception, you will find our restaurant. The restaurant offers a magnificent view over the Vallée d'Abondance. Located on the south, it offers lots of sun and light throughout the day. The balcony beckons you for a drink in the sun.

### Lounge

The restaurant opens onto the rustic lounge with fireplace, library and reading table. You will find here not only novels and thrillers, but also reference books and magazines on the region (Haute Savoie), the flora and fauna and of course mountain sports such as skiing, hiking and climbing.

### TV-lounge

We have deliberately chosen not to place televisions in the rooms. Why? To leave the hectic world for what it is behind for a while and start focusing on and enjoying the beautiful view, the gastronomy, and of course... each other.

However if watching TV is a daily part of your relaxation, then we invite you to our spacious TV lounge, with its big plasma screen, comfortable sofas, an inspiring DVD collection, international channels and X-Box.

### Billiards Room

In the 'basement' you will find the billiard room with comfortable seating in Alpine style and of course a professional billiards table. It is also an ideal space for a game of poker or monopoly.

### Internet

You can make free use of WIFI in the hotel. First you make a connection with:

#### WifiAreA-EspritMontagne

And then you open internet and fill in the code:

#### Password internet site: 74360

### Wellness

What's better than soothing sore muscles after an active day out in the mountains? The sauna with natural oils and scrubs is waiting for you. Or let us make you an appointment with our masseuse. In the basement we have a serene, well-equipped massage room.

### Garden

Hotel Esprit Montagne has a large garden with several lounge corners, a stone BBQ and a robust, large picnic table. Throughout the year you can enjoy the sun and the beautiful views of the Dents du Midi and the Vallée d'Abondance.

### Ski locker room

You will find the ski locker room in the basement. here, you can leave your walking poles, your mountain bikes or other equipment. Each room has its own spacious locker. From here you can go directly outside and walk to the bus stop in front of the hotel (30 m) or walk to the cable car La Panthiaz (250 m).

Esprit Montagne has twenty comfortable rooms, which breathe the spirit of the mountains. Fresh, crisp linen, warm blankets and lovely curtains make you feel at home. Pictures of the surrounding landscape and our typical "Savoyard furniture" bring the real Esprit Montagne to life.

### **Linen with a story**

Our bed linen has historical value. A classic "poya" is shown, the yearly "migration" of the cattle to the higher meadows.

This moment has been celebrated throughout history, all across the Alps, because farm life has played such a central role in the Alpine countries.

The image of all those cows has inspired countless artists and painters in the past. Ultimately, it's also portrayed on your linen.

### **Two become one**

Your room has two single beds or one double. When you prefer one double over two singles, please let us know.

The single beds are custom made for us. If they are pushed together, you don't suffer from a wooden ledge in the middle. It is like a double bed with two mattresses.

### **Peace & Comfort**

We used to go on a holiday to be away from normal life. A few days or weeks with family and enjoy a different surrounding. No radio, no news, forget about buzzing news, politics and so on. Is this still possible in the world we're living in?

Of course! In Esprit Montagne you've said goodbye to the old World. For the peace of all our guests, we have consciously chosen not to place TV's in the hotel rooms. If you do like to watch television or a movie, you are welcome in our TV lounge with a big flat screen, international channels and DVD collection.

### **Bathing**

The guest amenities like shampoo, shower gel, olive soap and body lotion are presents for you. We've chosen for natural products, which are bio-degradable.

Hotel Esprit Montagne has a sustainability policy. When you would like to have new towels, please place the old ones in the bath tub. Our staff will replace them.

Bathrobes are to be rent for € 15,- a week or € 3 a day.



## GASTRONOMY

Eating is not only filling your stomach. It's enjoying and being surprised. Eating doesn't only involve the mouth, oh no, it involves seeing, smelling, and even... feeling. Eating is telling stories and listening to it. A story about the seasons, the land and the people who gave rise to their valuable products; the products you and I may enjoy. In this way, we consider food to be more than just something on a plate. It's something valuable with a story behind it.

Conscious attention to food is not a fashion trend in Esprit Montagne. The French in general and the inhabitants of this valley specifically, have built up a special relationship with food and the preparation of it. We're happy to step in their footsteps.

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### “Fait Maison”

In the Esprit Montagne kitchen we love working with fresh and where possible regional products. Many of our products are farm products from the valley. Everything's homemade and fresh. From our soups to our pastas, from herb oils to bavaois.

Dairy and eggs come from the local farms. Even so does our charcuterie; smoked and raw hams, creamy pâtés and dried sausages.

### Good start of the day

Every morning between 8.00 and 09.30 AM we offer an extensive buffet, including fresh croissants, various breads, cheeses and charcuterie, jams, fresh honey, butter, boiled eggs, yoghurt, muesli, cornflakes, milk, coffee, tea, juice and fresh fruit.

At breakfast the menu for that evening is displayed. If there's something you don't like, please tell us in advance so our chef can prepare something else for you.

Upon request we can prepare you a lunch box.

### Diet or allergy?

Do you have food intolerance or follow a special diet? Please let us know in advance. We are happy to take note of it.

### Delicious Dinner

Every evening between 06.00 and 10.00pm you will enjoy a delicious 3-course dinner with seasonal products from our region. Many of our dishes are based on traditional recipes that have been used for centuries in the mountain kitchens.

Furthermore, you get to know the best kept secret of the Alps: its wines. We have a wonderful selection of excellent Alpine wines. Of course we also offer a selection of the more familiar wines.

Every evening you will find a small “livre d'histoire” at your dining table which reveals the culinary secrets of the dishes you will be enjoying that evening. It tells you all about our products, the ingredients and traditions of the past and remarkable anecdotes about the authentic mountain cuisine.



## WELLNESS

### Sauna

In the basement you will find the sauna. There's place for four persons here. Large sauna towels are here for you, so there's no need to bring your towel from the hotel room. There's also a shower available in the sauna room. To stimulate your health we offer special essential oils, such as rosemary, honey, eucalyptus, lavender and pine needles.

The sauna's open on request. It takes about 30 minutes to warm up.



### Massage

Experience the comfort of a soothing massage and help free yourself of any aches or pains you're experiencing. Massages are to be booked in afternoons or evenings. You can choose from among these relaxing massages with our masseuse:

- |                                 |              |   |      |
|---------------------------------|--------------|---|------|
| • Californian massage (relaxes) | (45 minutes) | : | € 50 |
| • Californian massage (relaxes) | (60 minutes) | : | € 65 |
| • Sports massage legs           | (30 minutes) | : | € 40 |
| • Sports massage lower body     | (30 minutes) | : | € 40 |
| • Sports massage upper body     | (30 minutes) | : | € 40 |

### Bath robes

Bath robes cocoon you with a cozy feeling. Great to wear in between sauna sessions, or comfortable in your room during lazy mornings. You can hire them for only € 15,- per week. Or € 3 a day.

Moreover, our bath robes make a great souvenir. For only € 45 a piece you can continue the hotel experience at home!

### Cherry pits

Cramps, cold feet? Ask us for a cherry pit pillow. Centuries ago, a Swiss farmer's wife experimented with the remaining cherry pits of the summer. She put them in her oven and discovered that the pits held the heat for a long time. The woman sewed covers for her family and gave the whole family cherry pit pillows for the long winter evenings to come. Soon the pillow became a common thing in daily life.

At Esprit Montagne we use a microwave to heat your pillow quickly. We also have warm water jugs available. Free of charge.

## SERVICES

### Transfers

We work together with local taxi companies. If you wish for a transfer, we'd be happy to book a transfer for you, from Geneva, Thonon or Aigle.



### Multipass

Hotel Esprit Montagne offers you the possibility to discover Les Portes du Soleil for just € 2 per day. Using the Portes du Soleil Multi Pass, you make use of all summer lifts and you have access to numerous attractions, such as swimming pools, mountain lakes, tennis courts and much more:

- 21 mountain lifts for hikers
- 5 pools and 2 lakes
- 9 tennis courts
- 2 ice rinks
- 5 cultural attractions (museums, churches, abbeys)
- 5 tourist trains
- and shuttle buses between the villages

The Multi-Pass is available from mid- June until the beginning of September and is available at the lifts and / or one of the tourist offices.

At arrival in Esprit Montagne you will receive a special form, which you complete and take to the lifts or Tourist Office. This form gives you right to the special price of € 2 a day!

### **Lazy Check-Out**

To enjoy your holiday from beginning to end, you can book a “lazy Sunday”. This is a late check-out on the day of departure (if possible, depending on circumstances). Instead of 10.00 AM the check-out time will be 03.00 PM.

Price: € 35 per room.

### **Free Internet**

We offer free WIFI access in the hotel lounge and downstairs in the billiard room. Your laptop must have a wireless card. In addition there is a computer with internet available for your use Skype  
On the guest computer, the telephone program Skype has been installed, so you can easily call your friends and family (who also have Skype) for free.

### **Self service bar**

In the billiards room you will find a self service bar with sodas and juices. Please note your drinks on the list provided in the bar, so we can add it to your room note.

Alcoholic drinks are only to be served in the restaurant, lounge and garden.



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### **Pillowzzzz**

We offer new, fresh, comfortable pillows. We know however, that some people may prefer a very thin or a very thick pillow over our standard ones. Please let us know, and we will offer you a selection of pillows.

## LA VALLÉE D'ABONDANCE

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Hotel Esprit Montagne (1000 m altitude) is situated in the picturesque mountain village of La Chapelle d'Abondance, in the lovely Vallée d'Abondance. La Chapelle is the oldest village in the valley and has the most sun hours of all. The village has a good number of high quality restaurants and bars, two tea rooms, a cinema, a library, a ski museum and several art galleries.

### A little bit of history

La Chapelle has been named after the chapel which was founded by monks in the 12th century. These monks came from the Swiss village St-Maurice. They also built an abbey in Abondance and we're the first ones to fabricate our renowned Abondance cheese.

### Les Portes du Soleil

Together with Châtel and Abondance, La Chapelle d'Abondance is one of the fourteen ski resorts of Les Portes du Soleil.

In winter this region is a perfect place to go skiing, cross country skiing or husky sledge riding. In summer hundreds of hiking and mountainbike trails are set for you.

### All year round

Most ski resorts change into abandoned "ghost towns" after the winter season. La Chapelle d'Abondance, however, is alive and charming the whole year round.

In winter a thick layer of snow covers the landscape. It's almost impossible then to imagine green Alpine meadows, where rural life plays such an important role. But once the snow melts, the purple and white crocuses and hundreds of other alpine flowers emerge quickly. They give the landscape joyful colors and gaiety. Throughout the year, the flora and fauna keep on changing in this enchanting valley.

From September on the valley covers itself in mystery: bright autumn colors against blue skies, a warm sun and fresh nights. The game season starts, mushrooms and blueberries are collected. It's time for long walks in the forests and cozy fires.



And then... white snowflakes turn the surrounding once again in a winter wonderland. During four months winter sports enthusiasts from over the World are attracted by this region to enjoy 650 km of pistes, 30 km cross country slopes and the most beautiful snow shoe walks.

## SUMMER SPORTS

Where snow covers the landscape in winter, in summer green meadows stretch out as far as the eye can see. Mountain bikers and hikers have 24 lifts to take them up the French-Swiss mountains where they can either head back down, explore the peaks or enjoy a relaxing moment...

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With the sound of cow bells on the background and the smell of fresh alpine flowers in the air, you'll discover the most beautiful trails in the Alpine; 800 km of hiking trails await you.

Looking for some more adrenaline? Les Portes du Soleil is not only a perfect place to go hiking, no, this region also offers excellent mountain biking (650 km), paragliding, rafting, rock climbing and via ferratas. Or what to think of the "Fantasticable" which brings you from one mountaintop to another with 110 km an hour?



Whether you're looking for relaxation or excitement, La Chapelle d'Abondance is an excellent place to be. Hotel Esprit Montagne forms an ideal base to discover and experience the whole Portes du Soleil:

- 12 villages
- 21 lifts
- 650 km mountain bike trails
- 800 km hiking routes
- 10 dedicated MTB areas, and 5 Bike Parks
- 10 mountain lakes
- Many huts at high altitude for a snack or a drink
- And much more

## HIKING

The surroundings of La Chapelle invite you to many beautiful walks in the Portes du Soleil. It is a landscape of waterfalls, creeks and remarkable flora and fauna. During your walk you might be lucky to spot marmots, ibex and wild birds. Look behind you, you will see Lake Geneva, turn around and see the Mont Blanc towering high above all other mountains.

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Over **800 km** of marked trails are mapped out for you, ranging from easy to difficult routes, from short walks to long routes. There are also special themed walks. For those who want to take it easy: there are 24 chair lifts to take you up the French-Swiss mountains where you can either head back down, explore the peaks or enjoy a relaxing moment.

From the hotel we organize guided tours and offer plenty of walking information.

### Hikes in the Vallée d'Abondance

The Tourist Office sells a folder in small format with 34 hiking routes. It's ideal to take along in your backpack.

Every map goes along with practical tips and additional information. The folder also contains a map of the whole valley with all the routes marked in different colors.

Of course we have the folder in our library and gladly make a copy of a certain route for you.

### Maps and guides

Maps and books of this area are available at the Tourist Office in the center of La Chapelle d'Abondance and Châtel.

In our library you will find many hiking books and a guide to alpine fauna and flora.

Because we are so familiar with the area, we'd be happy to advise you about the possibilities.

### Themed Trails

In the surroundings of Châtel several themed trails have been set out for you: the châtelan trail, the morclan trail, the water trail, the milka purple trail.

With these paths you discover wonderful sceneries and learn more about the Alpine flora and fauna.

### Guided walks

Three times a week we offer a guided walk from the hotel. Alke or Marieke will be your guide.

We can also contact a mountain guide who will show you very special parts of the surrounding mountains and forests.

### Grande Randonnée 5

La Chapelle d'Abondance is located on the Grande Randonnée 5 (GR 5). This makes Esprit Montagne an ideal place to stay for walkers of the GR5.

## MOUNTAINBIKING

Once the snow's melted and the sun turns everything green, the mountain bike season kicks off. The season is from mid June to late August.

The surroundings of Hotel Esprit Montagne offer:

- 24 lifts
- 650 km mountain bike trails
- 10 separate mountain bike areas
- 5 Bike Parks
- And many sports shops where you can rent equipment

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### Free Style - Bike Parks

For the adrenaline junkies, there are bike parks in the area. The nearest is 5 km away, in Chatel. Packed with helmet, knee and shoulder you'll be challenged by walls, bump parks, raised bends, step-ups and shore sections.

### Are you a beginner?

If you rather take it a bit slower, no worries! There are many routes set out for beginners and intermediate bikers. There are many chairlifts which will bring you and your bike on top of the mountain in no time. Let gravity do its work!



### Bikers of Esprit Montagne

In our ski locker room you can safely leave your bikes and other gear.

When you need to clean your bike, we provide you with the water and tools needed.

### Pass Portes du Soleil

Traditionally, the last weekend of June the Pass' Portes du Soleil MTB Festival takes place! More than 3000 mountain bikers kick off the MTB season. The weekend is full of fun, parties, demos and of course... great mountain biking through the whole Portes du Soleil.

## WATER FUN

When you think of summer, you think of water. Paddling, swimming and fishing in crystal clear mountain lakes. Rafting on the Dranse river or exploring picturesque villages on Lake Geneva from a rented yacht. Water can be adventurous, like in Aqualand, or a relaxing paradise, when you visit the thermal baths of Lavey Les Bains.

### Swimming

Several hotels in La Chapelle d'Abondance have an indoor pool where you're welcome to take a dive. What's even more fun, of course, is swimming in the open air! Our neighboring village Châtel offers a beautiful swimming pool with sunbathing area.

If you do not mind driving half an hour, we recommend you follow the route along the river Dranse through the gorges, to Lake Geneva. Here are some sandy beaches to be found where you can swim in peace

### Sailing

Within half an hour you are at the mundane Lake Geneva. A beautiful lake with picturesque villages, palm trees and old castles. Rent a sailboat. -with skipper if required- for (half) a day. We'd be happy to arrange it for you.

### Baths of Lavey Les Bains

The baths of Lavey les Bains (Switzerland - past St. Maurice, direction Martigny). This complex offers a variety of saunas and steam rooms, an outdoor pool with whirlpools, rapids and sun beds. Inside you enjoy bobbing around in the pool with "underwater music". Cool off in the ice cave or swim in the plunge.

### Aquaparc

A half hour away is the Swiss Aquaparc Les Bouverettes. Inside you have many slides, whirlpools, hot tubs and a large wave pool. Of course there is also a great outdoor area with a beach, lawn and pool right on Lake Geneva.

### Rafting / Canoeing

You have the possibility to go white water rafting on the Dranse, one of the most beautiful rivers of France. You pass through green gorges towards Lake Geneva. This river's home territory of the French kayak championships!

From € 38 per person. Minimum age 10 years.



### Fishing

The banks of the shimmering Dranse river and Lac de Vonnes are great places to be for fishermen. You need a local or national fishing license with appropriate stamps. This is for sale in Châtel in the tobacco shop Tabac-Pressé Girardoz.

Tel. 33 (0) 4 50 73 20 75

## ADRENALIN

### Paragliding

Discover the area in a very different way? Take a paragliding jump and fly like an eagle over our beautiful valley!

- Tandem jump: from € 70
- Acrobatic flight: from € 90
- Extra long panoramic flight: from € 100

### Fantasticable

Fly with 120 km/h by air from one mountain to another with the Fantasticable in Châtel. Harnessed and secured to a massive steel cable, you slide down through the air. The Alpine landscape of Plaine Dranse has never looked so special!

Rates: € 36 or € 72 for a duo

Open every day from late June to late August and some weekends off season. More information? Visit the Fantasticable in Châtel.

Hours:

Daily from the last weekend of June till the last weekend of August from 10h00 to 16h45. Off summer season also during some weekends.

### Mountaineering

This region offers several places to enhance your climbing techniques. Alke will be happy to provide you with solid advice and to arrange lessons and/or guides.

### Via ferrata

Via Ferrata means "iron road". The name refers to the route of steel steps and steel cables, which are attached to the mountain rocks. Secured to a steel cable, you safely climb the mountain step by step.

A via ferrata is an intermediate form of hiking and climbing. You reach places that you could never have reached by foot. Via ferrata's come in all shapes and sizes. Some routes might have stairs or bridges.

In the surroundings of Esprit Montagne there are two routes: the "via ferrata de La Chapelle d'Abondance" and the "Thieré" in Champéry (Switzerland).

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## EVENTS

Throughout the year special events take place in Les Portes du Soleil. On the website of the Tourist Office you'll find a weekly program. On our page you'll regularly find an overview of the highlights:

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June 13: Trail des crêtes du Chablais  
 Trailrunning in the mountains  
 around the Vallée d'Abondance  
**CANCELLED**

June 26, 27 & 29:  
 Pass'Portes du Soleil, three days  
 of mountainbiking in the Portes du  
 Soleil, with lots of festivities  
**MOVED TO: 28, 29 & 30 AUGUST**



July 3 – 18:  
 Montreux-Jazz festival with jazz,  
 but also all other kinds of music  
**CANCELLED**

July 14: Fireworks on Music at Lac de  
 Vonnes in Châtel, followed by a  
 dance party in the center of Châtel  
**CANCELLED**

August 2: Saint Laurent village festival in  
 Châtel, with a morning mass,  
 procession, music and local food  
 and wine.  
**CANCELLED**

July 19: Fireworks at La Chapelle  
 d'Abondance

August 9: Concours bûcherons in La  
 Chapelle, followed by an arts &  
 crafts market and fireworks

August 16: 43rd Belle Dimanche  
 This is the farmer festival of the  
 year, high up in the mountains of  
 Plaine Dranse.  
**CANCELLED**

## SPECIAL DEALS

### **Group Packages**

Hotel Esprit Montagne is an excellent location for large groups. Do you organize company outings, offer incentives, arrange family weekends or are you a tour operator? We are happy to inform you about our special deals and opportunities.

Note: the hotel is open for large groups in between winter and summer season.

## RATES

Week	Season	B & B	Half Board	Specials
June 2 – 6	Extra Low	€ 40	€ 65	Groups only
June 6 – 13	Low	€ 50	€ 75	
June 13 – 20	Low	€ 50	€ 75	
June 20 – June 27	Low	€ 50	€ 75	
June 27 – July 4	Low	€ 50	€ 75	
July 4 – 11	High	€ 60	€ 85	
July 11 – 18	High	€ 60	€ 85	
July 18 – 25	High	€ 60	€ 85	
July 25 – August 1	High	€ 60	€ 85	
August 1 – 8	High	€ 60	€ 85	
August 8 – 15	High	€ 60	€ 85	
August 15 – 22	Low	€ 50	€ 75	
August 22 – 29	Low	€ 50	€ 75	
August 29 – September 5	Low	€ 50	€ 75	
September 5 – 12	Low	€ 50	€ 75	

The price is per person per night and includes also: use of sauna, internet and billiard.

The price excludes de local tourist taxes (2% off room price per person per night, ex VAT, and for persons of 18 years and older.

## WINTER IN ESPRIT MONTAGNE

In hotel Esprit Montagne you still experience the authentic mountain culture. Here you can allow yourself moments of pure enjoyment. Physical outdoor exercise goes hand in hand with mental relaxation. In every season.

The hotel is a perfect base for winter sports enthusiasts. Whether you're into skiing, snowboarding, hiking or cross country skiing in the world famous ski area Les Portes du Soleil. Or your preference is sledging with husky dogs in the lovely Vallée d'Abondance... Everything is possible here.

### Unlimited Skiing

Esprit Montagne Hotel, situated in Les Portes du Soleil, is ideally located for winter sports enthusiasts. Whether you're skiing for the first time or are an experienced skier, Les Portes du Soleil offers plenty of possibilities for everyone and for every budget.

Are you a true enthusiast and enjoy long trips and variety? Then the full Portes du Soleil pass is ideal, with its beautiful white landscapes, its 650 km of slopes, where 12 ski resorts and 2 countries are connected.

The **gondola La Panthiaz**, leading directly to the pistes is only 250 meters away. With your ski pass you can take the **free ski bus** between 08.00 AM and 05.00 PM between La Chapelle, Châtel and Linga. The bus stop is 30 meters from the hotel.



### Les Portes du Soleil - Facts

- 266 pistes for all levels: 25 black, 100 red, 106 blue and 35 green
- 195 lifts, help you ski easily and quickly from one resort to another
- 10 snow parks
- 694 snow cannons, which guarantee excellent snow throughout the season
- 89 restaurants on the slope
- 

### Great for beginners

Les Portes du Soleil offers a special beginners area in La Chapelle: le Crêt-Beni. A free shuttle bus drives from the hotel to Crêt-Beni and back.

### Ski pass service

At arrival we gladly note your wishes regarding ski passes and lessons. The next morning we will hand the passes over to you during breakfast. This service is free of charge.

You also receive a discount coupon for renting material at Trincaz Sport.

### Rather not ski?

A stone's throw away from the hotel you'll find 35 km of langlauf tracks and a variety of beautiful snow shoe hikes.

Searching for a once in a lifetime experience? Make a sledge ride with huskies or enjoy the view of the valley during a paraglide flight.

## RATES WINTER 2020-2021

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Week	Season	Half Board	Specials
December 19 – 26	High	€ 99	Supplement of € 40 for Christmas dinner including drinks.
December 26 – January 2	High	€ 99	Supplement of € 70 for New Year's Eve dinner, including drinks and fireworks
January 2 – 9	Low	€ 80	
January 9 – 16	Mid	€ 90	
January 16 – 23	Mid	€ 90	
January 23 – 30	Mid	€ 90	
January 30 – February 6	Mid	€ 90	
February 6 – 13	High	€ 99	
February 13 – 20	High	€ 99	
February 20 – 27	High	€ 99	
February 27 – March 6	High	€ 99	
March 6 – 13	Mid	€ 90	
March 13 – 20	Mid	€ 90	
March 20 – 27	Low	€ 80	
March 27 – April 5	Low	€ 80	Groups only

The price is per person per night and includes: half board, use of sauna, internet and billiard.

The price excludes de local tourist taxes (2% off room price per person per night, ex VAT, and for persons of 18 years and older.