

WELCOME TO THE COMMUNE OF CHAMONIX MONT-BLANC !

The mountain areas are undoubtedly one of the premier attractions of the World Capital of alpinism, but persons of limited mobility are nevertheless not forgotten in Chamonix !

This guide offers you all the services which are accessible in the commune of Chamonix Mont Blanc.

This is the key to an enjoyable stay !

The Tourist Office has created for your

benefit a list of accommodation, public services and sporting and cultural activities, health services, ski lifts, restaurants etc. to enable you to get the most out of our valley and to help you to combine pleasure with ease of access.

This guide helps to simplify your task in planning your stay in our resort at the foot of Mont Blanc.

The Tourist Office staff wish you a pleasant stay, and remain at your service.

SERVICES FOR PERSONS OF REDUCED MOBILITY,

PARTICULARLY THE PHYSICALLY HANDICAPPED, IN THE COMMUNE OF CHAMONIX MONT-BLANC (LES BOSSONS - CHAMONIX - LES PRAZ - LES TINES - LE LAVANCHER - ARGENIÈRE - MONTROC - LE TOUR).

- 1. ACCOMMODATION**
- 2. USING EVERYDAY SERVICES**
- 3. ACCESS TO CULTURE AND LEISURE ACTIVITIES**
- 4. ACCESS TO SPORTS**
- 5. EMERGENCIES AND HEALTH**
- 6. EXPLORING THE VALLEY**
- 7. BETWEEN EARTH AND SKY - REACHING THE SUMMITS**
- 8. EATING OUT**
- 9. GETTING AROUND IN CHAMONIX MONT BLANC**
- 10. YOUR SUGGESTIONS**

WARNING : this brochure is not an authority, but lists (not exhaustively) the different services and activities accessible or not to persons of limited mobility in the commune of Chamonix Mont-Blanc. It is always advisable to contact the establishments themselves in order to obtain more specific information for particular handicaps. This would also enable you to obtain the latest information.

In view of this, all comments or suggestions are welcome, to enable us to convey your different points of view and take into account the obstacles which may be encountered by each of you

Also, if you consider this brochure to be incomplete or if you find any errors, please do not hesitate to let us know by filling in the suggestions sheet that you will find at the end of this document.

The more this brochure can be updated, the more useful it will be.

In addition, all sites mentioned here have been checked, but cannot claim to be 100% accurate.

The Chamonix Tourist Office counts on your understanding.

Finally, the places mentioned have not yet been assessed according to the new National Handicap Tourism label.

To inform us of your comments, suggestions or criticisms, please send your letter to the Office de Tourism de Chamonix.

3 STAR HOTELS (...)

Town centre

- **Mercure - Chamonix** - 39, rue des Allobroges.
access to all bedrooms, but bathrooms are inaccessible.
Tel : 04 50 53 07 56 .www.mercure.com
- **L'Oustalet** - 330, rue du Lyret.
1 room + reserved parking space.
Tel : 04 50 55 54 99. www.hotel-oustalet.com
- **Le Prieuré** - 149, allée Recteur Payot.
2 rooms.
Tel : 04-50-53-20-72. www.bestmontblanc.com

Les Praz

- **Le Labrador** - 101, route du Golf. 2 rooms.
Tel : 04 50 55 90 09. www.hotel-labrador.com

Argentière

- **Grands Montets** - 340, chemin des Arbérons. 2 rooms.
Tel : 04 50 54 06 66. www.hotel-grands-montets.com
- **Montana** - 24, clos du Montana. 2 rooms.
Tel : 04 50 54 14 99. www.hotel-montana.fr

2 STAR HOTELS

Town Centre

- **L'Arve** - 60, impasse des Anémones. 1 room
Tel : 04 50 53 02 31 www.hotelarve-chamonix.com

Chamonix - Les Coverays - Pierre d'Orthaz

- **L'Arveyron** 1650, route du Bouchet.
1 room
Tel : 04 50 53 18 29. www.hotel-arveyron.com

Les Tines

- **Excelsior** 251, chemin de Saint-Roch.
1 room.
Tel : 04 50 53 18 36. www.hotelchamonix.info

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CAMPSITES

Chamonix - les Favrand's

- **L'Île des Barrats** - 185, chemin de l'Île des Barrats. 3 star.
Tel: 04 50 53 51 44
- **Les Molliaesses** - chemin à Batioret. 2 star.
Tel: 04 50 53 16 81
- **Les Arolles** - 281 chemin du Cry . 2 star.
Tel: 04 50 53 14 30

Les Bossons

- **Les Deux Glaciers** - 80, route des Tissières. 3 star.
Tel: 04 50 53 15 84
- **Les Marmottes** - 140, chemin des Doux. 3 star.
Tel: 04 50 53 61 24
- **Les Verneys** - 180, route des Tissières. 2 star.
Tel: 04 50 53 15 84
- **Le Grand Champs** - route de vers le Nant. 1 star.
Tel: 04 50 53 04 83

Les Praz

- **La Mer de Glace** - 200 chemin de la Bagna. 3 star.
Tel: 04 50 53 44 03

Argentière

- **Glacier d'Argentière** - 58, chemin des Moillettes. 2 star.
Tel: 04 50 54 17 36

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Notes :

ON-STREET PARKING :

- Avenue Michel Croz - 2 places.
- Rue du Lyret (before chemin du Sapi) - 1 place.
- Rue du Lyret (towards the post office) - 2 places.
- Rue Vallot lower end -(Place du Mont-Blanc cross roads) - 1 place.
- Rue Vallot top end - 1 place.
- Route de la patinoire (skating rink) -1 place.
- Avenue de Courmayeur -1 place.
- Avenue de la Plage (swimming pool) - 1 place.

The original parking places, which are now part of the pedestrian zone, have not been included here.

Notes :



Maison pour tous (culture and activities) : Access ramps at the entrance. No adapted toilets. All services on the ground floor; therefore no need for a lift.



Municipal Police : accessible.



SNCF railway station : building accessible. Ticket desks not lowered.

All the platforms accessible (platforms 1 and 2). To get onto the train you will need an assistant to accompany you. In 2006, the station at Chamonix Mont-Blanc was equipped with an electric ramp.



The newer trains have one space reserved for a wheelchair per coupling of carriages.



ANPE (job centre) : accessible by ramp. Door opens outwards.



Everything is on the ground floor. However, the pavement has no lowered kerb in front of or near the building.



Montenvers station : one lowered ticket desk. Handicap toilets.



To access the train, please warn the staff in advance (they will take care of you). If you are a group, please give advance warning to the Compagnie du Mont-Blanc and in particular to the Montenvers station on +33 (0)4 50 53 12 54. Accredited Site for Handicapped reception.



Post Office : building accessible by ramp, but the entrance lobby is really an airlock with a manual door. The internal cash desks are not lowered. The cash machine is outside the building and is accessible as it is lowered. For posting letters, the letter boxes are currently not lowered but could be accessible.



DDE (technical equipment subdivision) : Inaccessible.



Gendarmerie (police station) : Inaccessible.



PGHM (Police mountain rescue centre) : Inaccessible.

ADAPTED TOILETS

Rue du Lyret - towards the Place Saussure,
Town Hall
Tourism office
Parking de l'Outa
Parking saint Michel
Parking Montenvers
Parking de la place du Mont Blanc



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- Route de la patinoire (skating rink) -1 place.
- Avenue de Courmayeur -1 place.
- Avenue de la Plage (swimming pool) - 1 place.

The original parking places, which are now part of the pedestrian zone, have not been included here.

Notes :



Library : accessible. Lifts and toilets adapted.



Bowling : accessible. Toilet adapted.



Casino : accessible. Ramp. Portable ramp to access the first floor.



Saint-Michel church : accessible.



Espace TairrazE : accessible. WC accessible and adapted separate gents/ladies



Salle du Bicentenaire : accessible. However, there are no toilets.



Le Majestic : accessible. Access ramp, 2 accessible and adapted WCs .



Musée Alpin : accessible. Ramp, WC accessible. Ground floor only can be visited: no lift for access to the first floor.



Cemetery : accessible but assistance necessary because of the slope and the fine gravel.



Cinema : one step at the entrance, but screen 2 is completely accessible (ramp). Ticket window not lowered.



Presbytery : inaccessible from Espace Tairraz accessible with assistance if you pass opposite the PGHM and turn right. 3 steps to enter the building.



Mont-Blanc Observatory : inaccessible



Chalet de la réserve des Aiguilles Rouges: inaccessible
Botanical path accessible, mountain wheelchair available, reservation required
tel :04 50 54 02 24



LOISIRS ASSIS EVASION

An association which develops and provides a framework for activities in the open air, in the mountains for handicapped persons with a motor deficiency, visual, auditory or mental impairment, and their helpers, supported by mountain professionals.

In summer, accompaniment of individuals or groups for :

- outings in the mountains
- climbing and adventure parks
- high mountain activities
- paragliding in tandem flights
- off-road wheelchairs and joëlettes

These activities are accessible to people with visual, audio, mental or motor* handicap.

* for these latter, the type of activity depends upon the capability of the individual and the nature of the handicap.

In winter, accompaniment of individuals or groups for seated skiing:

- beginners or experienced skier courses
- skiing à la carte
- private courses
- off-piste, Vallée Blanche, and Heliski

These activities are accessible to people with visual, audio, mental or motor handicap.

Contact: 06 73 39 81 78

Website : www.loisirs-assis-evasion.com



GILKA

Association for personal assistance

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GILKA

Association for personal assistance

Masseurs Physiotherapists



• **J. Ouziel** Tel 04 50 53 15 96
25, rue Paccard, 1 step to mount,
accessible if accompanied.



• **J. Mollier** Tel. 04 50 53 25 09
260, rue du Lyret
accessible if accompanied.



Handicap Place (GIG-GIC) just beside it.
• Physiotherapy centre Tel. 04 50 53 23 11
122, place de Chamonix Sud
2 steps to mount.
Accessible if accompanied.

Pharmacies



• **Du Mont-Blanc** Tel. 04 50 53 12 61
1, place de l'Église,
accessible.



• **Aiguille du Midi** Tel. 04 50 53 40 93
262, avenue Aiguille du Midi.
accessible.



• **Des Alpes** Tel. 04 50 53 15 45
47, rue du Docteur Paccard. 1 step.
accessible if accompanied.



• **De la Vallée** Tel. 04 50 53 13 69
124, rue Joseph Vallot.
1 step to mount (pavement) then accessible.



Fire and Rescue service.
Inaccessible.

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Fire and Rescue service.
Inaccessible.



SNCF train stop : accessible (along the building). Parking at the side.



Post Office car park : 1 reserved space.



Flégère Car Park : No reserved space but it is tarmac and of very large capacity, so you can park quite easily.



Golf course parking : accessible but no reserved spaces. Parking on fine gravel.



Telephone booth : Can be accessible - even though it is a "classic" telephone box and not adapted, it is in fact level to the ground.



Chapel : accessible if accompanied. Sloping approach, but step at the entrance. Also the pavement past the church has no lowered kerb.



Information Point (RIS) : accessible (but not lowered) but assistance recommended because of the gravel. Also it is better to get to this via the Flégère car park.



ADMR (Home assistance, meals on wheels etc) : inaccessible.



Telephone box next to the station : inaccessible.



Grocer's : inaccessible.



Newsagent/tobacconist : inaccessible.



Public Toilets : inaccessible



Post Office : inaccessible.

LES TINES



SNCF train stop : accessible (go along the building by the outside).



Parking at the Chapel : accessible (tarmac) but no reserved spaces.



SNCF train station parking : no marked spaces and no reserved spaces .



Chapel : inaccessible.

LE LAVANCHER



Parking at the top of the village : accessible if accompanied (no tarmac). Also being at the top of the village, access is not easy (steep incline). No reserved spaces.



The car park in the centre of the village (on the left as you go up, it is not sign-posted) : accessible because it is tarmac. you should be accompanied as the descent is very steep.



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SNCF Train station : accessible (including waiting room).



Station car park : accessible but no reserved spaces.



Information Point : accessible if accompanied, not lowered.

LE TOUR



Car Park on the Le Tour glacier side : accessible. 1 space reserved at the top of the car park.



Information Point : accessible but the board is not lowered.



Tennis : accessible (concrete surface) but must be accompanied, 1 step to mount.



CAF (French Alpine Club) : inaccessible including the bar.



CAF car park : inaccessible.



Ski school : inaccessible.



Chapels at the top and bottom of the village : inaccessible.



Car park on the Col des Montets/ Aiguilles Rouges side : inaccessible.



Public Toilets: inaccessible.

COL DES MONTETS



Nature trail (Botanic route) : accessible only by joëlette if or well assisted (steep path).



Aiguilles Rouges nature reserve chalet : inaccessible because of the 5 steps at the entrance .Visits to the lower ground floor impossible; there are 15 steps.



SNCF Train station : accessible (including waiting room).



Station car park : accessible but no reserved spaces.



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PLANPRAZ- LE BRÉVENT : Closed til december 22nd 2008 due to the Planpraz gonola renew.



FLÉGÈRE-INDEX :
Inaccessible



LOGNAN -LES GRANDS MONTETS :
Inaccessible without assistance (First and second stages).



LA PRARION : accessibility in Les Houches



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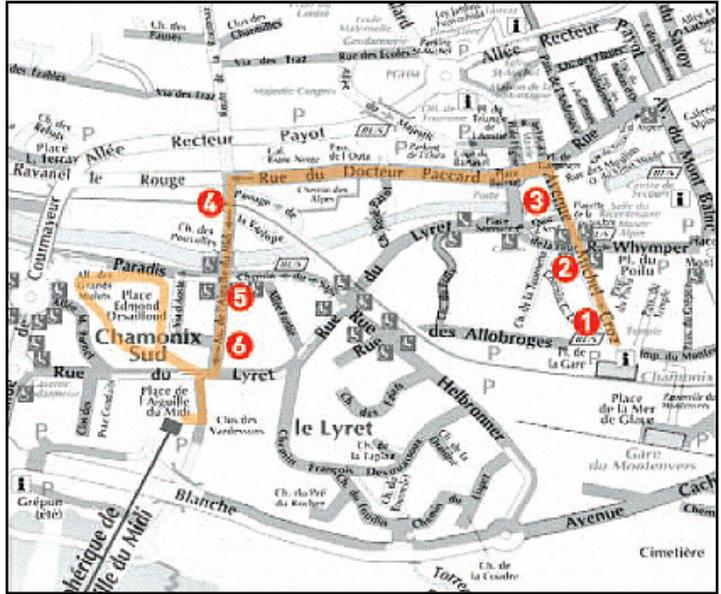


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8

EATING OUT (...)

Route SNCF railway station - Aiguille du Midi cable car

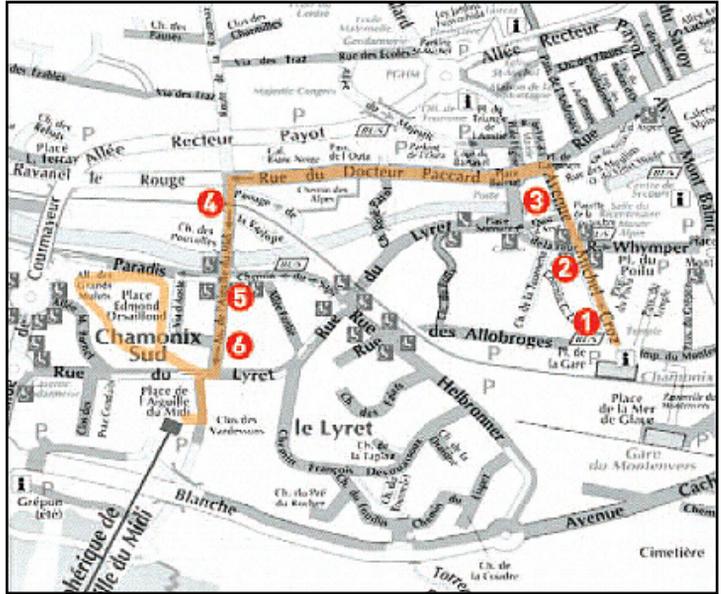


- 1 From the front of the station take the right hand pavement of the Avenue Michel Croz.
- 2 At the intersection of Avenue Michel Croz and Rue Whymper , to cross the road , you need to get up and down two pavements which do not have lowered kerbs.
- 3 The rest of the way (as far as the end of the Rue du docteur Paccard) is completely pedestrianised, but part of it is cobbled.
- 4 When you arrive in the Avenue de l'Aiguille du Midi, take the pavement by Chamonix Sud .
- 5 There are pavement to get across, no lowered kerbs.
- 6 The route becomes less easy for wheels and even a little narrow but is still accessible right up to the Place de l'Aiguille du Midi where you can take the Aiguille du Midi cable car.

This route covers the train and bus station, the Tourist Office, the Town Hall, the Alpine Museum , the Bicentenaire hall, the cinema, the post office, adapted toilets and public telephone boxes, the Municipal Police, the Casino, Saint-Michel church, the Espace Tairraz and the Maison de la Montagne, and the 'Aiguille du Midi cable car.

These itineraries are practicable depending upon the season or the road works in progress; we suggest that you should be accompanied.

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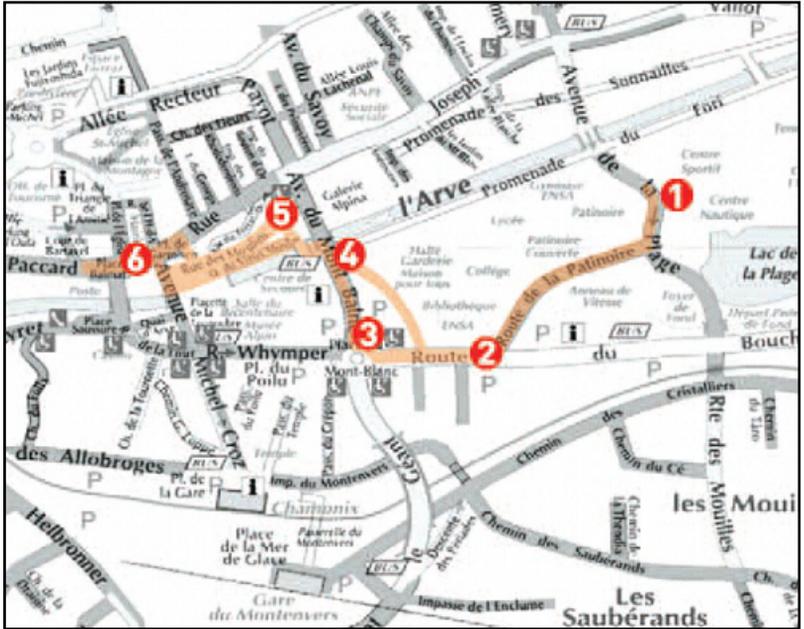


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Route Sports Centre - Town Centre

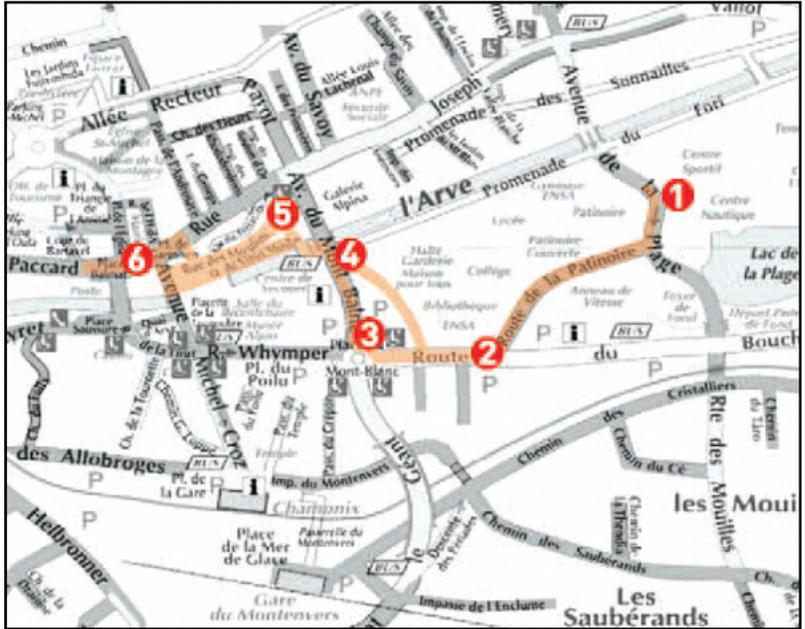


- 1 Although there are no pavements, but there are very few vehicles.
- 2 Narrow pavement and badly maintained (often with vehicles parked on it) .
- 3 Cross the Place du Mont-Blanc.
- 4 No lowered kerb (except at the side of the Galerie Alpina).
- 5 Steep tarmac slope. You must be accompanied.
- 6 Pedestrian way but cobbled.

This route covers the Sports and water sports Centre, the Maison de la Montagne, the Tourist Office, the Town Hall, the post office, the Saint-Michel church, the Maison pour Tous, the day nursery, the skating rink, the tennis courts and the municipal Police

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Document to return to : Office de Tourisme
85, place du Triangle de l'Amitié BP 25
74401 CHAMONIX MONT-BLANC cédex
Fax : 00 33 (0)4 50 53 58 90
e-mail : info@chamonix.com

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