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.


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 Tourisme de Chamonix.
4 STAR HOTELS
Town centre

• Hameau Albert Premier - 38, route du Bouchet.
  1 room at the farm and 1 room at the Albert Premier (access below the hotel)
  Tel : 04 50 53 05 09, www.hameaulbertfr

• Auberge Bois Prin - 69, chemin de l’Hermine, les Moussoux.
  1 room accessible on the ground floor.
  Tel : 04 50 53 33 51, www.boisprin.com

• Grand Hôtel des Alpes - rue du Docteur Paccard.
  2 fully equipped rooms with access to the swimming pool, sauna and hamman.
  Tel : 04 50 53 37 80, www.grandhoteldesalpes.com

• Le Morgane Best Western - 145, avenue de l’aiguille du Midi.
  3 bedrooms.
  Tel : 04 50 53 57 15, www.montblancotourisme.com

Le Lavancher

• Jeu de Paume - 1 room, but gravel car park.
  Tel : 04 50 54 03 76, www.jeudepaumechamonix.com

3 STAR HOTELS
Town centre

• Des Aiglons - 270, avenue de Courmayeur. Opening on december 20th 2008
  4 rooms. Access to the SPA.
  Tel : 04 50 55 90 93, www.montblancotourisme.com

• Alpina - 79, avenue du Mont-Blanc. 1 room.
  Tel : 04 50 53 47 77, www.bestmontblanc.com

• Vallée Blanche - 36, rue du Lyret. 1 room on the ground floor
  (access at the side).
  Tel : 04 50 53 04 50, www.vallee-blanche.com

• Gustavia - 72, avenue Michel Croz.
  1 room, but one step at the hotel entrance.
  Tel : 04 50 53 00 31, www.hotel-gustavia.com

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

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
ACCOMMODATION

4 STAR HOTELS
Town centre

• Hameau Albert Premier - 38, route du Bouchet.
  1 room at the farm and 1 room at the Albert Premier (access below the hotel)
  Tel : 04 50 53 05 09. www.hameaualbert.fr

• Auberge Bois Prin - 69, chemin de l’Hermine, les Moussoux.
  1 room accessible on the ground floor.
  Tel : 04 50 53 33 51. www.boisprin.com

• Grand Hôtel des Alpes - rue du Docteur Paccard.
  2 fully equipped rooms with access to the swimming pool, sauna and hammam.
  Tel : 04 50 53 37 80. www.grandhoteldesalpes.com

• Le Morgane Best Western - 145, avenue de l’aiguille du Midi.
  3 bedrooms.
  Tel : 04 50 53 57 15. www.montblanc-tourisme.com

Le Lavancher

• Jeu de Paume - 1 room, but gravel car park.
  Tel : 04 50 54 03 76. www.jeudepaumechamonix.com

3 STAR HOTELS
Town centre

• Des Aiglons - 270, avenue de Courmayeur. Opening on december 20th 2008
  4 rooms. Access to the SPA.
  Tel : 04 50 55 90 93. www.montblanc-tourisme.com

• Alpina - 79, avenue du Mont-Blanc. 1 room.
  Tel : 04 50 53 47 77. www.bestmontblanc.com

• Vallée Blanche - 36, rue du Lyret. 1 room on the ground floor
  (access at the side).
  Tel : 04 50 53 04 50. www.vallee-blanche.com

• Gustavia - 72, avenue Michel Croz.
  1 room, but one step at the hotel entrance.
  Tel : 04 50 53 00 31. www.hotel-gustavia.com

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  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
HOSTELS AND MOUNTAIN HUTS

Les Pélerins

• Alpenrose - 1141, route des Pélerins. 1 rooms and 2 dormitories
  Tel : 04 50 53 51 52

HOLIDAY CENTRES

Town Centre

• UCPA Cosmiques - 131, rue du Lyret.
  2 rooms plus ablutions on the ground floor.
  Tel : 04 50 53 12 05. http://chamonix.ucpa.com

• Chalets des Aiguilles ODCV19 - 213 chemin du Biollay.
  2 studios + dining room + library accessible.
  Tel : 04 50 53 17 35. http://odcv.com

Tourist Residences

Town Centre

• Les Balcons du Savoy - 179, rue Mummery. 2 rooms.
  Tel: 04 50 55 32 32. www.les-balcons-du-savoy.com

• La Ginabelle - 29, passage du Grépon. 3 apartments.
  Tel : 04 50 55 37 37. www.residences-mgm.fr

• Residence Pierre et Vacances - 247, avenue de Courmayeur.
  4 apartments in the residence “Les Aiglons”.
  Tel : 04 50 53 41 55. http://pierreetvacances.com

Campsites

Chamonix - les Favrands

• L’Ile des Barrats - 185, chemin de l’île des Barrats. 3 star.
  Tel: 04 50 53 51 44

• Les Molliasses - 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

Notes:
HOSTELS AND MOUNTAIN HUTS
Les Pélerins
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  Tel: 04 50 53 51 52

HOLIDAY CENTRES
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  Tel: 04 50 53 12 05. http://chamonix.ucpa.com
• Chalets des Aiguilles ODCV19 - 213 chemin du Biollay.
  2 studios + dining room + library accessible.
  Tel: 04 50 53 17 35. http://odcv.com

Argentière
• ATC - Routes du Monde - 132, chemin Grand Moueu. 2 studios.
  Tel: 04 50 54 01 65. www.atc-argentiere.com

TOURIST RESIDENCES
Town Centre
• Les Balcons du Savoy - 179, rue Mummery. 2 rooms.
  Tel: 04 50 55 32 32. www.les-balcons-du-savoy.com
• La Ginabelle - 29, passage du Grépon. 3 apartments.
  Tel: 04 50 55 37 37. www.residences-mgm.fr
• Residence Pierre et Vacances - 247, avenue de Courmayeur.
  4 apartments in the residence “Les Aiglons”.
  Tel: 04 50 53 41 55. http://pierreetvacances.com

Plaine des Praz
• Hapimag - 57, chemin de Champraz. 4 apartments.
  Tel: 04 50 53 15 03. www.hapimag.ch

Argentière
• Cristal d’Argentière - rue Charlet Straton.
  2 apartments 4 rooms + 1 reserved parking space.
  Tel: 04 50 54 29 00. www.lagrange-holidays.com

Montroc
• Chalet Pierre Semard - 400 chemin des Frasserands. 2 rooms.
  Tel: 04 50 54 00 29. www.chalet-hotel-psemard.com

CAMPSEITES
Chamonix - les Favrands
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  Tel: 04 50 54 17 36

Notes:
USING EVERYDAY SERVICES

CAR PARKS AND PARKING SPACES

COVERED FEE-PAYING CAR PARKS

• Saint-Michel car park - 9 places in total. Only levels 1, 3 et 5 are served by the lift. Close to the Tourist Office, the Maison de la Montagne (mountain information and ski school), the Town Hall and the Municipal Police. WC close the desk cash.

• Brévent car park - 2 places close to the ski lift for the Planpraz.

• Mont-Blanc car park - 6 places in total. Close to the library, the Maison pour Tous (cultural centre), the nursery, the sports centre and the water-sports centre. WC at the first floor.

• Entreves car park - 2 places in total. Close to the bowling Chamonix Sud

OPEN-AIR FEE-PAYING CAR PARKS:

• Place du Poilu car park - 1 place.

• Aiguille du Midi cable-car parking - 1 place. ( on the going renovation )

• Place des Séracs - 1 place.

• Bâtiments des Lierres - 2 places.

• Place de la Gare - 1 place. BEWARE! ticket machine inaccessible

• L’Outa car park -1 place.WC adapted

• Les Praz post office car park - 1 place.

• Argentière station car park - 1 place.

• Place du Marché Argentière - 1 place.

• Le Tour car park - 1 place.

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:
Introduced on 9 July 2005, 3 Mercedes TPMR minibuses (adapted for disabled transport) which are capable of transporting 1 person in a wheelchair being equipped with a portable ramp.

These buses are marked “le mulet”. They are free. These buses serve only the centre of town: Chamonix sud, Grépon car parks 1 and 2, Lyret, F. Devouassoux, Helbronner, Casino, M. Croz, place du Poilu, place du Mont-blanc, Mummery, Vallot, Centre Sportif, Les Moulilles, place du poilu, M. Croz, SNCF railway station, Helbronner, Sapi, Entrêves.

You should note that on 2008, 10 other buses which serve the villages of the Chamonix valley will be equipped with a portable ramp, but they can take persons of reduced mobility in a space provided. Persons in wheelchairs must therefore be accompanied by someone who can help them onto the bus.

For further information contact Chamonix Bus on 04 50 53 05 55

PLACES OPEN TO THE PUBLIC

Adapted public telephone
Rue du Lyret - towards the Place Saussure, in the toilet block

Bus station: accessible.

Day Nursery: accessible.

Town Hall: building accessible (lifts). If you wish to use a service on any of the floors, ask at reception.

MAPA (Retirement home): accessible.

Tourist Office: building accessible + handicap toilet

Tax Office and Public Treasury: accessible + parking space next to the office.

Social security: Entry by side ramp. Accessible.

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
CHAMONIX BUS
COMMUNAL TRANSPORT

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These buses serve only the centre of town: Chamonix sud, Grépon car parks 1 and 2, Lyret, F. Devouassoux, Helbronner, Casino, M. Croz, place du Poilu, place du Mont-blanc, Mummery, Vallot, Centre Sportif, Les Mouilles, place du poilu, M. Croz, SNCF railway station, Helbronner, Sapi, Entrêves.

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Parking de la place du Mont Blanc
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• L’Outa car park - 1 place. WC adapted

• Les Praz post office car park - 1 place.

• Argentière station car park - 1 place.

• Place du Marché Argentière - 1 place.

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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 Tairraz: 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 WC.

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

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Botanical path accessible, mountain wheelchair available, reservation required tel: 04 50 54 02 24
ACCESSING SPORTS

Sports Centre: (swimming pool + changing rooms + toilets accessible and adapted. Gymnasium-Fitness centre accessible.

Cham’Aventure: (along the Arve, Promenade du Fori, at the side of the Sports centre) : accessible for all activities if you can get around independently.

Chamonix Guide Company: Qualified companions and guides.


Indoor skating: accessible via the bar “Le Podium” situated at the side. Handicapped toilets. Access to public changing area and skate hire. The sport changing rooms are inaccessible.

Paraglider landing site: accessible if accompanied. It is a path (start of the footpath and mountain bike track in summer and the start of the cross-country ski tracks in the winter).

Tennis courts/covered tennis courts: accessible. 1 WC accessible and adapted, but one step to enter the changing rooms. Access to the entrance is necessary to go via the promenade du Fori, along the Arve, which is the flat path.

Cross country ski centre: accessible but accompanied because there are several steps.

Boules pitches: accessible except for the café and the toilettes.

Summer toboggan and Forest of Adventure: Not recommended unless well assisted. Bar restaurant and WC accessible and adapted.

Maison de la montagne (mountain Information centre): sloping pavement for access to the front of the building. The entrance hall is inaccessible (Guides Office, High Mountain Office and Ski school inaccessible).

CAF (French Alpine Club): inaccessible.

Loisir assis evasion: Organisation offering sporting and leisure activities specifically for the handicapped.

SPECIALIST ORGANISATIONS

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.

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
ACCESSING SPORTS

Sports Centre: (swimming pool + changing rooms + toilets accessible and adapted. Gymnasium-Fitness centre accessible

Cham’Aventure: (along the Arve, Promenade du Fori, at the side of the Sports centre) : accessible for all activities if you can get around independently.

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- paragliding in tandem flights
- off-road wheelchairs and jolettes

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
EMERGENCY AND HEALTH

Kidney Dialysis: at the Sallanches hospital. Accessible. Tel. 04 50 53 22 00

Hospital: Accessible. Toilets adapted, lifts +2 reserved parking places. Tel. 04 50 53 84 00

Medical Analysis Laboratory: Accessible but not the toilets. Tel. 04 50 53 07 25

MAPA (Retirement home): Accessible. Tel. 04 50 53 89 90

General Practitioners

• Dr Roncin Tel. 04 50 55 85 74
  10, avenue du Mont-Blanc
  surgery adapted with handicap toilets

• Groupe médical Henry Dunant Tel. 04 50 53 15 27
  350, avenue de la Plage.
  Accessible

• Dr Bettin Tel. 04 50 54 00 67
  330, route du Plagnolet, Argentière.
  Accessible

• Dr Hurry Tel. 04 50 54 08 55
  125, rue Straton, Argentière.
  Accessible

• Dr Fontaine Tel. 04 50 53 03 26
  82, rue Joseph Vallot
  2 steps, then lift.

• Dr Pocard-Chapuis Tel. 04 50 53 69 59
  260, rue Joseph Vallot
  2 steps then narrow lift.

• Drs Cadot and Richard Tel. 04 50 55 80 55
  275, rue des Allobroges Cabinet médical.
  one step at the entrance, then lift to the first floor.

Nursing services

• 45, rue Paccard: by appointment Tel. 06 08 30 38 40.

• 260, rue Joseph Vallot Tel. 06 12 23 26 16
  2 steps then narrow lift.

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’Eglise,
  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.
EMERGENCY AND HEALTH

Kidney Dialysis: at the Sallanches hospital. Accessible. Tel. 04 50 53 22 00

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• Physiotherapy centre Tel. 04 50 53 23 11
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2 steps to mount. Accessible if accompanied.

Pharmacies

• Du Mont-Blanc Tel. 04 50 53 12 61
1, place de l’Eglise, 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.
EXPLORING THE VALLEY

LES BOSSONS

**SNCF train stop**: accessible.

**Post office**: accessible but a small step at the entrance. Cash desk not lowered.

**Telephone box**: accessible (no step) but not lowered.

**Chapel**: accessible with assistance (small step).

**Post Office Car Park**: accessible (tarmac) but no reserved places.

**SNCF Car Park**: accessible (tarmac) but no reserved places.

**Car park at the foot of the ski jump**: accessible with assistance.

**Information point**: accessible (no step and tarmac) but not lowered.

**Bossons Glacier chair lift**: accessible with help.

LES PÉLERINS

**Young Workers Flats (FJT)**: accessible. 6 studios adapted.

**Commercial Centre Car Park**: 1 reserved place.

**Municipal Police**: accessible.

**Public Telephone**: accessible and lowered.

**Day nursery**: accessible.

**SNCF train stop**: accessible if accompanied (gravel).

**Commercial centre**: accessible for all shops, apart from a few small steps to get into certain shops.

**Youth Hostel**: inaccessible (no adapted rooms)

**Public Toilet**: inaccessible.

LES PRAZ DE CHAMONIX

**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 signposted): accessible because it is tarmac, you should be accompanied as the descent is very steep.
EXPLORING THE VALLEY

LES BOSSONS

SNCF train stop: accessible.
Post office: accessible but a small step at the entrance. Cash desk not lowered.
Telephone box: accessible (no step) but not lowered.
Chapel: accessible with assistance (small step).
Post Office Car Park: accessible (tarmac) but no reserved places.
SNCF Car Park: accessible (tarmac) but no reserved places.
Car park at the foot of the ski jump: accessible with assistance.
Information point: accessible (no step and tarmac) but not lowered.
Bossons Glacier chair lift: accessible with help.

LES PÉLERINS

Young Workers Flats (FJT): accessible. 6 studios adapted. Tarmac Car Park but no reserved spaces.
Commercial Centre Car Park: 1 reserved place.
Municipal Police: accessible.
Public Telephone: accessible and lowered.
Day nursery: accessible.
SNCF train stop: accessible if accompanied (gravel).
Commercial centre: accessible for all shops, apart from a few small steps to get into certain shops.
Youth Hostel: inaccessible (no adapted rooms)
Public Toilet: inaccessible.

LES PRAZ DE CHAMONIX

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.
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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.
LA JOUX
SNCF train stop: inaccessible on a slope and gravel.

LES ILES
Tennis car park: inaccessible (big gravel and no reserved spaces).
Tennis-squash: inaccessible.

ARGENTIÈRE
Sports club: accessible.
SNCF station: accessible. Go along the building on the outside. Ticket desk not lowered.
Physiotherapist: accessible.
Sports Club/Tourist Office car park: 1 space.
Station car park: 2 reserved spaces.
Supermarket (Marché U): accessible with space reserved at the side.
Maison de la Montagne (Ski school, Guides office): accessible but one small step.
Tourist Office: accessible but 2 heavy doors opening outwards. Toilet adapted. Entrance accessible at the side if accompanied.
Cemetery: accessible from the sides.
Day nursery: accessible with help, because of the step.
Protestant Chapel: inaccessible.
Crédit Mutuel bank: lowered cash desk, but step at the entrance! Inaccessible.
Dentist: inaccessible.
Church: inaccessible.
Grocer’s (local products): inaccessible.
Gendarmerie (winter opening only): inaccessible.
Town Hall: inaccessible.
Cemetery car park: inaccessible. Gravel + slope.
Pharmacy: inaccessible.
Post Office: inaccessible.

N.B: MOST OF THE PAVEMENTS ARE INACCESSIBLE IN ARGENTIÈRE, AS A RESULT, PART OF THE SERVICES AND SHOPS ARE INACCESSIBLE.

MONTROC
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.
LA JOUX
SNCF train stop: inaccessible on a slope and gravel.

LES ILES
Tennis car park: inaccessible (big gravel and no reserved spaces).

Tennis-squash: inaccessible.

ARGENTIÈRE

Sports club: accessible.

SNCF station: accessible. Go along the building on the outside. Ticket desk not lowered.

Physiotherapist: accessible.

Sports Club/Tourist Office car park: 1 space.

Station car park: 2 reserved spaces.

Supermarket (Marché U): accessible with space reserved at the side.

Maison de la Montagne (Ski school, Guides office): accessible but one small step.

Tourist Office: accessible but 2 heavy doors opening outwards. Toilet adapted. Entrance accessible at the side if accompanied.

Cemetery: accessible from the sides.

Day nursery: accessible with help, because of the step.

Protestant Chapel: inaccessible.

Crédit Mutuel bank: lowered cash desk, but step at the entrance! Inaccessible.

Dentist: inaccessible.

Church: inaccessible.

Grocer’s (local products): inaccessible

Gendarmerie (winter opening only): inaccessible.

Town Hall: inaccessible.

Cemetery car park: inaccessible. Gravel + slope.

Pharmacy: inaccessible.

Post Office: inaccessible.

N.B: MOST OF THE PAVEMENTS ARE INACCESSIBLE IN ARGENTIÈRE, AS A RESULT, PART OF THE SERVICES AND SHOPS ARE INACCESSIBLE.

MONTROC
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.
**AIGUILLE DU MIDI**: summer 2008, the departure station is going on renovation, difficult to access.

Site accessible except for the ticket office windows. If there are several of you, in a group for example, who are physically handicapped, the staff of the Compagnie du Mont-Blanc will give you access to the principle entrance through the back. You can access the summit of the Aiguille du Midi. The passage from the first stage to the second stage can be made without any real difficulty. However, it is not possible for you to stop at the Plan de l’Aiguille if you are unaccompanied, (stairs to get to the cafe). Once you have reached the second level you will only have access to the Belvédère Rébuffat and the summit terrace 3842m.

**WARNING**: YOU CANNOT GET OVER THE GÉANT GLACIER VIA THE MONT-BLANC PANORAMIC CABLE CAR TO GET TO HELBRONNER POINT IN ITALY (for reasons of safety).

**LES PLANARDS**: accessible if accompanied because of the steep slope and gravel at the start of the chair lift.

**DOMAINE DE BALME**: Cash desk inaccessible. To get to the lift cabins (first stage), go along the right hand side of the ticket office (very steep slope). Then there is an automatic ramp. You will need to fold up your wheelchair in order to get into the cabins. When you arrive at the end of the first stage, there is a short descent on gravel. The “Chalet de Charamillon” is accessible if accompanied (because there is a step to get onto the terrace). There are also adapted toilets (access at the base of the building). The start of the chair lift to get to the Col de Balme (second stage) is accessible, but the arrival cannot be managed without help because there are 5-6 steps to get to the path which leads to the Col de Balme. Once you have overcome this obstacle you can get to the Col de Balme by the footpath if you are accompanied.

**MONTENVERS TRAIN - MER DE GLACE**: Site accessible, except the “bar Panoramic” and the ice cave. One accessible and lowered ticket desk. Portable ramps for getting onto the train by request. Telephone in advance if you are in a group. You will need to sign a disclaimer. Once there, the terrace, the cafe “buffet de la Gare.” (access at the side), the official Montenvers shop, the snack bar “Le Margot” are accessible, as is the crystal gallery and the Grand Hôtel du Montenvers. Site accredited Accueil Handicapés (Handicap Reception).

**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
AIGUILLE DU MIDI: summer 2008, the departure station is going on renovation, difficult to access.

Site accessible except for the ticket office windows. If there are several of you, in a group for example, who are physically handicapped, the staff of the Compagnie du Mont-Blanc will give you access to the principle entrance through the back. You can access the summit of the Aiguille du Midi. The passage from the first stage to the second stage can be made without any real difficulty. However, it is not possible for you to stop at the Plan de l’Aiguille if you are unaccompanied, (stairs to get to the cafe). Once you have reached the second level you will only have access to the Belvédère Rébuffat and the summit terrace 3842m.

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Town Centre
• Albert Premier - 38, route du Bouchet : accessible.
• La Maison Carrier - 44, route du Bouchet : accessible but one step at the entrance.
• Le Vista Restaurant Panoramique - 79, avenue du Mont-Blanc
• McDonald’s - avenue Michel Croz
• Bistrot - 151 avenue de l'aiguille du Midi
• Le Podium - 121, route de la Patinoire

Le Lavancher
• Le Rosebud - 705, route du chapeau

Les Praz
• La Cabane - Route du Golf

These restaurants are accessible and have the adapted toilets.
Route: SNCF train station - Tourist Office

From the front of the station take the right hand pavement of the Avenue Michel Croz.

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.

The rest of the way is completely pedestrianised.

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.

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

Route SNCF railway station - Aiguille du Midi cable car

From the front of the station take the right hand pavement of the Avenue Michel Croz.

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.

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.

When you arrive in the Avenue de l’Aiguille du Midi, take the pavement by Chamonix Sud.

There are pavement to get across, no lowered kerbs.

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.
Route SNCF railway station - Tourist Office

Route SNCF train station - Tourist Office

From the front of the station take the right hand pavement of the Avenue Michel Croz.

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

1. Narrow pavements.
2. Cross the Place du Mont-Blanc.
3. Steep tarmac slope. You should be accompanied.
4. Pedestrian route.
5. Tarmac pedestrian route (Rue du Docteur Paccard).
6. Go along the Avenue de l’Aiguille du Midi on the Chamonix sud side. (Pavement to the right when you go down towards the Aiguille du Midi cable car).
7. Go along the Rue du Lyret at the side of Chamonix Sud.
8. No lowered kerb on this side. Take the other side which is accessible.
9. No pavements for the whole length of the Route des Pélerins.

This route covers ENSA, the library, the Maison pour Tous (MJC), the day nursery, the post office, the Aiguille du Midi cable car, the bowling and the hospital.

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

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.

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

Narrow pavements.
Cross the Place du Mont-Blanc.
Steep tarmac slope. You should be accompanied.
Pedestrian route.
Tarmac pedestrian route (Rue du Docteur Paccard).
Go along the Avenue de l’Aiguille du Midi on the Chamonix sud side.
(Pavement to the right when you go down towards the Aiguille du Midi cable car).
Go along the Rue du Lyret at the side of Chamonix Sud.
No lowered kerb on this side. Take the other side which is accessible.
No pavements for the whole length of the Route des Pélerins.

This route covers ENSA, the library, the Maison pour Tous (MJC), the day nursery, the post office, the Aiguille du Midi cable car, the bowling and the hospital.

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Route Sports Centre - Town Centre

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

These itineraries are practicable depending upon the season or the road works in progress; we suggest that you should be accompanied.
Route fitness course, Promenade du Fori, Promenade des Bourses, Promenade des Crèmeries, Chemin des Cristalliers.

One step to get onto the pavement.
Narrow passage with no pavement. Beware.
Path on a slope. You should be accompanied
Pedestrian area
Steep tarmac slope. You should be accompanied.
No lowered kerb (except by the Galerie Alpina).
Bridge: 2 steps to mount, then 1 step to get to the other side. Possibility of taking the gravel slope (so avoiding the taking the bridge, but it is steep). You should be accompanied.
The second bridge has one step to get up.
Steep climb.
Pavement accessible at the bridge.

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

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
Route fitness course, Promenade du Fori, Promenade des Bourses, Promenade des Crèmeries, Chemin des Cristalliers.

- One step to get onto the pavement.
- Narrow passage with no pavement. Beware.
- Path on a slope. You should be accompanied.
- Pedestrian area.
- Steep tarmac slope. You should be accompanied.
- No lowered kerb (except by the Galerie Alpina).
- Bridge: 2 steps to mount, then 1 step to get to the other side. Possibility of taking the gravel slope (so avoiding the taking the bridge, but it is steep). You should be accompanied.
- The second bridge has one step to get up.
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These itineraries are practicable depending upon the season or the road works in progress; we suggest that you should be accompanied.