



1. Bienvenue—Welcome
2. Règles générales—General information
3. Wifi
4. Livraison de pain—Bread delivery
5. Cheminée—Fire place
6. Jacuzzi et sauna—Hot tub and sauna
7. Le ski (location, cours, etc.) - Ski infos (rental, lessons, etc.)
8. Magasins et activités—Shopping and activities
9. Restaurants
10. Plan de la station—les Menuires resort map
11. Santé et urgences—Doctors and emergencies
12. Inventaire—Inventory



Dear guests,

we are delighted to welcome you in our chalet and hope you will enjoy this week in the mountains with your friends and family .

Chalets Lacuzon is a family story.

Our parents fell in love with the Belleville valley and more particularly the village of Bettaix 40 years ago.

At that time there was no chairlift in the village and the ski area was much smaller.

They liked the region so much that they decided to settle down and we had the chance to grow up in the middle of these beautiful mountains.

We have chosen to follow in our parents' footsteps and that's why we built the Chalets Lacuzon to welcome guests to this magnificent valley. .

We sincerely hope that you will feel comfortable in our chalet and enjoy the authentic charm of the village of Bettaix as well as its location in the heart of the 3 valleys ski area.

Have a great stay!

Katia and Cédric Perret

## YOUR STAY

Cedric, the owner welcomes you at your arrival and will check the chalet with you at your departure the following Saturday before 10 am.

You can reach him during the week on +33/(0)6 86 87 87 37 97.

Please do not wait until the end of the week to report any problems in the chalet.

We will do our best to find a solution as soon as possible.

## GENERAL RULES

Chalet 3 Vallées is your home for the week, please help us to take care of it.

On the day of your departure (Saturday) please check out before 10am.

Below is a reminder of the steps to follow before proceeding with the check out .

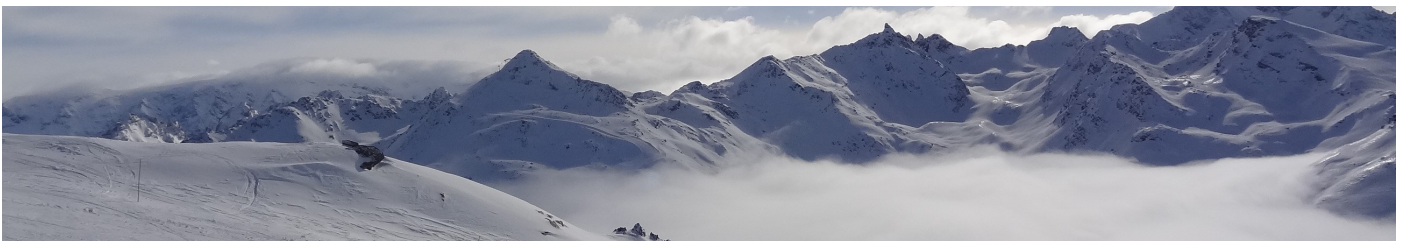
### During your stay:

- It is forbidden to smoke in the chalet (otherwise we will not refund the entire deposit).
- Please remove your ski boots or boots when you use the wooden stairs.
- Be eco-responsible - a recycling terminal is at your disposal next to the chalet along the river, for all types of waste.
- **Please turn off the lights, turn down the heating & close the windows before you go skiing.**
- **Switch off the heaters when windows are opened**

### Before you leave :

- Clean the kitchen area and the table, empty the fridge and cupboards.
- Turn on the dishwasher.
- Empty the garbage cans and put the garbage bags and glass bottles in the sorting collection points.
- Put the used sheets (not the mattress protection) in the fabric bags and the towels in the nets. Put the bags of dirty laundry and bath mats outside on the bank.
- Put the furniture back in the right place

After these steps, the cleaning at the end of your stay is included in the service.



## WIFI

Network: Chalet 3 Vallées

Password: 10092008

The connection is limited to 1 MB due to the low network available in the village.

In case of a slow connection, please limit the number of connected devices and streaming.

## BREAD DELIVERY

We offer delivery of fresh bread and croissants every morning at the chalet door before you go skiing.

To order, simply send an SMS to Romain before 7pm (8.30pm on Saturday)

**ROMAIN : +33 (06) 78 73 76 51**

- Mention the chalet name: **3 Vallées in Betaix.**
- The items ordered (the same order will be valid every day of the week, but can be modified or cancelled the day before by sms)
- **A confirmation by SMS will be sent to you** around 8pm (9pm on Saturday). If this is not the case, please check if you have dialled the right number and / or call Romain.
- **Payment is due in cash at the chalet on Friday evening** between 5pm and 8pm. A delivery on the Saturday of your departure is possible.
- In case of absence or early departure, please inform Romain in time to agree on a different schedule.

## FIRE PLACE

Enjoy the warmth of the fire place during your stay. Wood bags will be charged

10 € / bag at the end of your stay. Please contact Cedric if needed +33 (0) 6 86 87 37 97.

### For your safety :

- Please do not burn anything else than wood or paper in the fire place.
- It is strictly forbidden to remove the ash with a vacuum cleaner. **Risk of fire!**
- Please keep the surrounding of the fire place free from inflammable objects.
- Please take care not to touch the window of the fire place when it's on.
- Before you go out or sleeping, please always check if the window of fire place is locked properly.

## SAUNA

- Do not wear jewellery in a sauna. Metal can get hot and burn the skin.
- Always sit on your towel.
- Do not eat or drink alcoholic beverages in the sauna .
- Avoid the sauna if you have high blood pressure or heart disease, and get out at the slightest sign of discomfort or significant acceleration of your heartbeat .

# SKI INFORMATION

## SKI PASSES

You have several options for your Menuires or 3 Valleys ski passes :

- If you have ordered them with Katia Perret and already paid, they will be handed over to you on the day of arrival.
- Automatic sales point at the Bettex chairlift. Between 9am and 4pm
- Loading /reloading your ski pass on the internet:  
<https://www.skipass-lesmenuires.com/>
- Central desk of the lift company at Les Menuires resort centre (e.g. for free ski passes for children under 5 years old).

## SKI RENTAL

- The **Intersport** rental store is nearby and the entire team of the store is at your disposal for any last minute purchase or equipment change.
- If you have not pre-ordered, we have negotiated a discount of 20% on the rental of the equipment (except February). Don't forget to mention that you stay at Chalets Lacuzon to enjoy it.

## SKI SCHOOL - ESF

[www.esf-lesmenuires.com](http://www.esf-lesmenuires.com)

**+33 (0)4 79 00 61 43**

### **Meeting point : les Menuires la Croisette**

The "Bettex" chairlift next to the chalet opens at 9am, which will allow you to reach the meeting point at 9:15am-9:30am.

The ESF offers group or private lessons for all levels.

Outside the February school holidays, off-piste outings are also available to discover the off-piste domain of the 3 Valleys and Maurienne supervised by professionals (instructors, guides).

## LES 3 VALLÉES APP

Download the 3 Vallées app, and get real time information about : opening of the slopes, ski lift schedules, interactive slope map, webcams, weather, groomed slopes.

## SHOPPING

### SUPERMARKET/ CATERER

**Carrefour Montagne** Preyrand -les Menuires (next to the gazolin station)

Daily from 7:30 am to 8 pm - Parking along the road

It is the nearest supermarket; it is very well stocked and located at the entrance of Les Menuires (5 min by car).

- **Sherpa Preyerand 7/7**, grocery , raclettes fondue delivery at the chalet

- **Butcher's shop la Tarine** -la Croisette les Menuires

Discover the Savoyard specialities: diots in white wine, tartiflette, crozets... and get the recipes directly from the butcher!

- **Le traiteur** - la Croisette les Menuires

Daily from 7:45 am to 8 pm. Delivery possible

Géraldine & Franck offer you traditional cuisine, salads, homemade sandwiches, delicatessen, etc.

### LOCAL FOOD

- **La Grange Berger** la Croisette les Menuires

A store dedicated to Savoy products, specialising in farm cheeses, cold cuts, wines, liqueurs... products made by craftsmen or families, chosen for their taste and quality .

Go there at the beginning of your stay to stock up on deli meats, raclette cheese and fondue cheese as well as the typical genepi liquor.

- **Coopérative laitière** la Croisette -les Menuires

Cheeses, beaufort, tomme, reblochon, wine, jams, honey, dairy products. All local products to eat during your holiday or to take home.

You can stop there on skis before returning to the chalet via the Bettex ski slope. The shop is located on the left before the ski bridge overlooking the road.

## ADVENTURES

- **First Track every Wednesday in les Menuires**

+33 (0)4 79 00 62 75

Be the first on the top of La Masse before the lifts open to the public. You will enjoy a breath-taking view while enjoying a local breakfast.

**Registration until Tuesday 12pm.** (can be postponed to Thursday, depending on weather conditions)

**27 € per person. Required ski level: advanced.**

- **Snow groomer ride: 59€**

Go behind the scene on a snow groomer and find out how to maintain, groom, and smooth hiking trails. Savoy aperitif in a mountain chalet.

**Booking in advance is necessary.**

- **Roc'n Bob toboggan run:** 4 km of tobogganing on a snow covered run.

Feel like a child again as you enjoy the floodlights, the 22 banked bends and the 450m drop.

Every day (except Saturdays) from 2pm to 6:45pm.

- **Zip line la tyrolienne in Val Thorens:**

A glide over 1300 m... 1 minute 45 seconds of pure pleasure in breathtaking surroundings, from the 3 Valleys peak over to the Val Thorens crest.

- **Bee flying - double zip line:**

Fly two-by-two on la Bee ! It has a length of 1800 meters and a maximal flying height of 65 meters !

# RESTAURANTS

The 3 Valleys offer a large choice of quality restaurants, for all budgets.

From the traditional Savoyard restaurant to the 3 Michelin stars.

It is strongly recommended to reserve a table and plan your arrival time carefully.

## ACCESSIBLE WITH SKI

- **Le Chalet du Sunny** - les Menuires—David Douillet slope +33 (0)4 79 00 19 81

By taking the Sunny Express chairlift in Les Menuires you will pass just above this beautiful terrace.

At lunchtime enjoy the copious planks, meats and local specialities. In the afternoon enjoy a good pie or a pancake, or just come for a drink and simply enjoy the sunshine.

- **Au petit Rendez-vous** – les Menuires Reberthy- piste petits creux +33 (0)4 79 24 09 42

On your right while skiing the slope petits creux, next to the beginner's ski mat.

Restaurant with a sunny terrace and a very friendly staff. Home cooking and Savoyard specialities.

In addition, children can have fun in the snow while the parents are having coffee.

- **La Loy** -St Martin de Belleville - Biolley slope

Under the gondola St Martin 1 +33 (0)4 79 08 92 72

The chef is passionate and inventive, he will surprise you with famous Savoy specialities.

South facing terrace.

## IN THE EVENING

- Les **SUNNY NIGHTS** - Chalet du Sunny +33 (0)6 20 80 71 19

Christophe offers you an unusual and magical evening in his chalet. He will take you up to the chalet and bring you back with a snow groomer after the slopes have closed.

At the chalet you can enjoy a choice of Savoyard fondue, prime rib, special children's menu.

- **La Bouitte** in St Marcel +33 (0)4 79 08 96 77

3 Michelin stars restaurant at just 5 minutes from the chalets by car.

Chefs René and Maxime Meilleur offer a modern and inventive cuisine, inspired by nature. A gourmet ode to Savoy.

Menus from 160 € to 300€



## SANTÉ- DOCTORS

Ouverts tous les jours sur rendez-vous—Open every day by appointment only

- **Cabinet para-médical de chavière— Medical center**

La Croisette +33(0)4 79 00 24 16

- **Osteopathe Osteopath**

Frederic Abouly +33 (4) 79 24 16

- **Masseur—Kinésithérapeute – Physiotherapist**

Résidence chavière

Virginie Fusellier +33 (0)7 62 24 75 47

- **Cabinet d'ostéopathie—Osteopathy center**

Résidence les gentianes –les Bouquetins

Gagnevin Baptiste—Ruty Virginie +33 (0) 95 94 79 76

- **Infirmières –Nurse**

Cabinet médical du Pelvoux

Se déplace sur les Menuires et villages sur RDV +33 (0)7 86 26 46 02

## URGENCES –EMERGENCIES

- **DEFIBRILATEUR CARDIAQUE –CARDIAC DEFIBRILATOR**

Au centre du village de l'autre côté du ruisseau (un peu après la chapelle) fixé contre le four communal.

In the village center, on the other side of the river (next to the chapel). The defibrillator is fixed on the wall of the old communal baker's oven.

- **POMPIERS / SAMU—EMERGENCY : 112**

- **GENDARMERIE - 17 - POLICE +33 (0)4 79 00 65 46**





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