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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 .

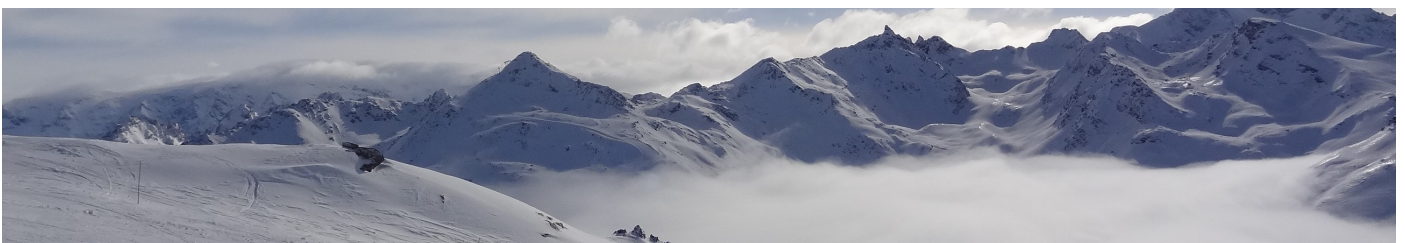
During your stay:

- 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: 3 Vallées

Password: 10092008

The connection is limited 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

Our partner **Bread in Bed** offers bread and pastries at your door every morning before 8:00 am .

First delivery day is SUNDAY (closed on Saturdays)

For your first order please create an account with e-mail and password

<https://www.breadinbed.com/>

- Mention the chalet name and location:
Chalet 3 Vallées - le Bettaix
- Place order before 7 pm
- Select for each day and get a discount when ordering for 6 days
- Or order and pay day by day
- Payment online by credit card (Visa or Mastercard)
- An e-mail confirmation will be sent to you
- If you need to modify the order during your stay,
call : +33 (0)6 51 49 49 73 before 7 pm

FIRE PLACE

Enjoy the fire place during your stay. 1 bag of wood is included. Additional bags will be charged 10€ / bag at the end of your stay. The stove is set up to provide a pleasant warmth, please do not modify the set up and contact Cedric if needed +33 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.

HOT TUB

The hot tub water is changed and treated weekly .

Do not empty or refill the water on your own.

The use of the hot tub and sauna is at your own risk. We disclaim all liability for personal injury or damage to property in connection with their use. Parents are liable for their children .

In order for you to fully enjoy the spa during your stay, we ask you to follow a few simple advices.

How to use the hot tub and safety rules

- Remove the SPA cover by using the handle and close again after each use.
- Children **MUST** be accompanied by a responsible adult. Parents are liable for their children .
- Due to high temperatures, the hot tub is not recommended for pregnant women, young children, people with high blood pressure or people with heart disease.

The recommended duration of use is 15 minutes.

- Do not enter the spa while intoxicated or under the influence of drugs that could cause drowsiness.
- Do not use any electrical equipment near water, such as a hair dryer.
- Always be careful when entering or exiting the hot tub (risk of slipping).

Hygiene rules

- Take a shower before entering the hot tub to remove any remaining body lotion, sock pilling or other residue that clogs the filter.
- Do not use any products into the hot tub (shower gel, essential oils, bubble bath, etc.).
- **STRICTLY FORBIDDEN** : cigarettes, chewing gum, food and beverages (e.g. beer bottles).

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

+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 Preyrand 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**

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).

Required ski level: advanced.

<https://lesmenuires.com/en/first-track>

- **Snow groomer ride:** Go behind the scene on a snow groomer and find out how to maintain, groom, and smooth hiking trails.

<https://lesmenuires.com/en/snow-groomer-ride>

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 www.chalet-du-sunny.com/

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 Reberty- 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

- **Centre médical du Pelvoux– Medical center**

169 Rue des Flocons—73440 Les Belleville +33 (0)4 79 00 00 35

- **Osteopathe Osteopath**

Frederic Abouly +33 (0)4 79 24 16

Nikita Bal +33 (0)6 95 94 79 76

- **Masseur—Kinésithérapeute – Physiotherapist**

St Martin de Belleville : Edouard et Marion +33 (0)6 02 11 62 18

St Jean de Belleville : Clotilde Lamant +33(0)6 79 11 40 59

- **Infirmières –Nurse**

Centre médical du Pelvoux

Se déplacent 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.

- **SAMU—EMERGENCY MEDICAL SERVICES : 112**

- **POMPIERS—FIRE BRIGUADE: 18**

- **POLICE SECOURS - POLICE : 17**

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



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