



# ZigZag Mountain Activities Summer 2019

*English  
version*



+33 (0)6 31 20 44 10  
info@zigzagski.com  
126 Grande Rue  
74340 Samoëns



# Paragliding

## Experience Samoëns from the sky

See Samoëns from an entirely new angle,  
secured safely in tandem with your  
own professional pilot - no experience  
necessary !

**Discovery Flight** (from 4yrs of age)  
flight time 10-25 mins according to conditions  
85€ adult / 80€ child

**Criou Summit Flight**  
late afternoon, flight time 30-45 mins  
130€ /pers

**Prestige Sunset Flight**  
early evening, flight time 60 mins  
180€ /pers

HD video of your flight available - ask upon  
booking !

### What to know before you go

- This activity requires fine weather
- ZigZag's pilots speak English
- Meeting point - in front of the Banque Populaire, near the Hotel Les Glaciers in Samoëns
- Free shuttle bus transfers provided
- You need to bring - sports shoes & a windstopper
- Your guide will provide - wing, helmet, harness
- A high quality video of your flight is available, ask us for details

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# Canyoning



**An unmissable alpine adventure for the whole family - highly recommended !**

Slip on a wetsuit and get ready to jump, swim, slide and abseil your way down one of the region's most extraordinary natural canyons.

## **La Balme (adults & children 12yrs+)**

A hugely fun canyon ideal for adventurous novices, La Balme offers a great selection of waterfalls, natural waterslides and swimming holes. Easy and accessible, it offers a fabulous introduction to canyoning.

Cost 60€pp, allow 3 hours total

## **Little La Balme (adults & children 8yrs+)**

A child-friendly version of the larger La Balme descent, skipping all the bits that involve ropes. A fun-filled descent especially conceived for kids, with lots of slipping, sliding and jumping in a fabulous natural playground !

Cost 45€pp, allow 2.5 hours total

### **What to know before you go**

- Canyoning is an ideal wet-weather activity
- All ZigZag guides speak English
- Participants must be able to swim
- Meeting point - in the parking lot in front of the church at Arâches-La-Frasse (map provided)
- You need to bring - swimwear, a towel and sports shoes suitable for walking in water
- Your guide will provide - a wetsuit, harness and helmet
- Advance booking strongly recommended



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# Via Ferrata

An exciting combination of hiking and rock climbing allowing you to explore exciting vertical faces

Using fixed ladders, cables and rope bridges, you'll be guided up and along a set route by your guide, who'll help manage your fears and build confidence along the way.

The Via Ferrata in Sixt is family-friendly and accessible for adults and children.

No experience is necessary, but participants must be at least 10 years of age and 140cm tall in order to be able to reach certain elements and complete the itinerary safely.

Cost 55€ /pers

## What to know before you go

- Dry conditions are required
- ZigZag guides speak English
- Participants must be at least 140cm tall
- Meeting point - in the parking lot at the Gorge de Tines between Samoëns and Sixt (map provided)
- Cost - 55€/adult, 50€/child <12 years
- You need to bring - stretchy sportswear and sports shoes
- Your guide will provide - harness and helmet
- Advance booking recommended

# Rock Climbing



**Top quality English speaking rock climbing lessons for children and adults of all abilities**

Our focus is on safety, mental strength and independence. Your climbing instructor will teach you about climbing techniques, etiquette and safety in a fun and friendly environment.

## Join a Group Lesson

Participating in a group climbing lesson alongside others at your level of ability is a fun and social way to improve your skills.  
55€/adult, 45€/child (6-12yrs)

## Private Lesson

Reserve your own instructor to guarantee a maximum of climbing time and personalised coaching; ideal for experienced climbers or families with children of different ages who'd like to climb together.  
225€/half day (for 1-4pers, +25€ per additional pers)

### What to know before you go

- Rock climbing requires dry conditions
- All ZigZag guides speak English
- Meeting point - in the parking lot at the Gorge de Tines, or at the climbing wall in La Frasse (map provided)
- Cost - see above
- You need to bring - stretchy sportswear, sports shoes, water, energy snacks
- Your guide will provide - harness, helmet, ropes
- Advance booking recommended



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# Caving

Explore a fascinating underground world of subterranean caves and tunnels

A guided tour through an underground labyrinth will open your eyes to a whole new world hidden right under your feet.

With all equipment provided, your expert guide will show you safely through a maze of natural tunnels and vast open chambers, mixing in a bit of gentle climbing with some fun abseils and toboggans.

No experience is necessary and its a fantastically unusual activity to try on a rainy day. All you need to bring is an adventurous frame of mind and a pair of sports shoes that will get a bit wet and muddy !

## What to know before you go

- Caving is a fantastic wet-weather activity, rest assured the caves we use are dry and unaffected by rainfall
- Children accepted from 8 years of age if accompanied by an adult
- Meeting point - Megevette or La Balme, both 20 minutes from Samoëns (map provided)
- You need to bring - warm sports wear, sports shoes suitable for walking in muddy water
- Your guide will provide - overalls to protect your clothes, harness, helmet, head torch
- Advance booking essential



# Mountaineering



**Whether you're a novice or experienced alpinist, our High Mountain Guides will take you onto stunning new terrain adapted to your ability**

Develop fundamental or advanced alpinism techniques under the guidance of an English speaking High Mountain Guide.

Your guide will take you into the Mont Blanc massif to learn about using crampons, ropes and ice picks in a stunning high mountain environment.

The ideal way to train for a summit and the ideal time to discuss your mountaineering goals with an alpine expert, on the terrain.

Just an hour from Samoëns, the Mont Blanc massif offers an incredible range of mountaineering opportunities adapted to all levels of ability and fitness.

Cost 350€ /day (1-2pers per Guide)

## What to know before you go

- Stable weather conditions are required
- ZigZag guides speak English
- Meeting point - to be arranged with your guide
- You need to bring - windstopper, warm sportswear layers, water, lunch & energy snacks, mountaineering boots (available to rent from Twinner Pellissier Samoëns)
- Your guide will provide - technical equipment
- Advance booking essential



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# White Water Rafting

## A must-do summer sport for the whole family

Our boats are never overloaded, so you're sure to enjoy quality white water sensations. With just 4-8pers per boat, you'll feel the difference and get more bang for your buck !

### Giffre Classic - 7km

Suitable for adults & children from 7yrs  
Adult 39€ / child 34€  
Allow 2.5hrs total

### Giffre Integral - 11km

(Available when water levels are high)  
Suitable for adults & children from 7yrs  
Adult 47€ / child 40€  
Allow 3hrs total



### What to know before you go

- Rafting is an ideal wet-weather activity
- All ZigZag guides speak English
- Let your guide know if you're a weak swimmer, afraid of water, have a medical condition, are anxious, etc, so they can take extra care of you
- Meeting point - at the rafting base on the river near Lac Bleu in Morillon (map provided)
- You need to bring - swimwear, a towel
- Your guide will provide - wetsuit, buoyancy vest, helmet

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# Canoraft & Kayak



## Paddle your own river adventure

For those seeking a bit more independence, canorafting and kayaking offer you the chance to tackle a river in your own boat, as a group accompanied by a qualified guide.

Canorafting and kayaking requires a moderate level of fitness and are suitable for adults and teens over 12 years of age.

### Canoraft / Airboat

(2 pers per boat)

In an inflatable bi-place boat, canorafting is ideal for sporty teens and adults.

Discovery tour (5km, 2.5hrs) 40€pp

Dynamic tour (7km, 3hrs) 47€pp

### Kayak

(1 pers per boat)

A kayak is a rigid single-place boat that requires a good level of physical strength and allows each participant total independence.

Dynamic tour (7km, 3hrs) 47€pp

#### What to know before you go

- Canoraft & kayaking are ideal wet-weather activities
- All ZigZag guides speak English
- Participants must be physically fit & able to swim
- Meeting point - at the rafting base near Lac Bleu in Morillon (map provided)
- You need to bring - swimwear, a towel
- Your guide will provide - wetsuit, buoyancy vest, helmet



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# Horse & Pony Riding

## Saddle up for an equestrian adventure

Horse riding is a fantastic way to experience the mountain environment from a new perspective.

### Horse / Pony Trek

Adults & teens will adore exploring forests & mountain trails on a horse or pony in a fun group led by an experienced riding instructor.

Children under 13yrs should have some basic riding experience. No experience is necessary for teens 13yrs+ and adults.  
35€/1.5hrs

### Baby Pony Rides

( 3yrs+, 40kg weight limit )

A fun initiation session for little beginners. Parents can rent a pony to lead little ones on their first horseback adventure.  
6€/20mins, 10€/30mins



### What to know before you go

- Riding is not weather dependent
- English speaking instructors guaranteed
- Meeting point in Les Carroz (map provided)
- You need to wear - long trousers or leggings, smooth-soled sports shoes or boots
- Your guide will provide - horse, saddle, helmet
- Advance booking recommended

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# Early Booking Discounts



**Book ahead for winter 2019/20 and SAVE**

These great discounts apply for bookings confirmed before 31/10/19 - just quote code the discount code when booking !

## -15% off Group Lessons

Quote discount code **ZZGRP15** and confirm your booking before 31/10/19 for 15% off adult and children's group lessons over the following dates :

22/12/19-27/12/19  
06/01/20-08/02/20  
03/03/20-28/03/20

## -15% off Powder Ski Camps

Quote discount code **ZZPOW15** and confirm your booking before 31/10/19 for 15% off enrolment into our January Off Piste Ski Camps !

Week 1 : 13-17/01/20  
Week 2 : 20-24/01/20



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# How to Book

ZigZag makes it easy

Call, email, text or visit us at our Samoëns office for a one-off booking, or to create a full personalised itinerary for your next summer escape.



Email us at [info@zigzagski.com](mailto:info@zigzagski.com)



Call for chat on +33 (0)631 204 410



SMS or WhatsApp us on +33 (0)631 204 410



Visit our office at 126 Grande Rue, Samoëns



Visit our website [www.zigzagski.com](http://www.zigzagski.com)

Join the ZigZag  
community !

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